



Oven Roasted Sweet Potato Chips with Ranch Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons chili powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 11 servings ranch dressing light store-bought
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound sweet potatoes

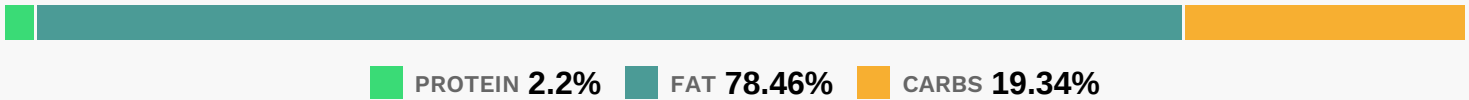
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut 3/4 pound sweet potatoes into 1/4-inch-thick slices; set aside.
- ☐ Combine 1 tablespoon olive oil, 1 1/2 teaspoons chili powder, 1/2 teaspoon salt, and 1/4 teaspoon ground cumin.
- ☐ Add sweet potatoes; toss gently to coat. Cover a lightly oiled nonstick baking sheet with a single layer of potatoes; roast, turning once, until golden and tender (about 20 minutes).
- ☐ Serve with store-bought light ranch dressing.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:8.0939130582239%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 167.79kcal (8.39%), Fat: 14.69g (22.6%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.72g (3.02%), Cholesterol: 7.8mg (2.6%), Sodium: 397.59mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin A: 4480.42IU (89.61%), Vitamin K: 41.81µg (39.82%), Phosphorus: 71.38mg (7.14%), Vitamin E: 1.04mg (6.9%), Manganese: 0.1mg (4.94%), Vitamin B5: 0.49mg (4.89%), Fiber: 1.03g (4.11%), Vitamin B6: 0.08mg (3.98%), Potassium: 129.59mg (3.7%), Vitamin B2: 0.05mg (2.8%), Copper: 0.06mg (2.78%), Magnesium: 9.81mg (2.45%), Iron: 0.36mg (2.02%), Vitamin B1: 0.03mg (1.97%), Calcium: 19.08mg (1.91%), Selenium: 1.29µg (1.85%), Folate: 4.68µg (1.17%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.16mg (1.05%)