



## Roasted Sweet Potato Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

### Ingredients

- 2 cups canola oil for frying
- 0.3 bunch parsley fresh chopped
- 8 servings catsup for serving
- 0.5 cup olive oil (or enough to coat the yams)
- 8 servings salt and pepper freshly ground
- 5 garnet yams

### Equipment

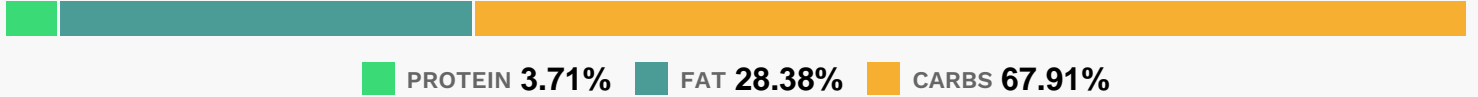
- frying pan

- baking sheet
- oven
- mixing bowl

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Wash the yams and slice into 1/4-inch-thick wedges.
- Place theyams in alarge mixing bowl and coat with theolive oil.
- Sprinklewith salt and pepper and spread out on a baking sheet. Roast theyams until tender to the touch, about30 minutes.
- Put the canola oil in afrying pan and heat to 180 degreesF. Fry theyams on each side until theoutside is brown and caramelized. Season with salt, pepper and thechopped parsley.
- Serve with ketchup or yourfavorite condiment.

## Nutrition Facts



## Properties

Glycemic Index:10.47, Glycemic Load:32.34, Inflammation Score:-7, Nutrition Score:20.395652242329%

## Flavonoids

Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 448.42kcal (22.42%), Fat: 14.38g (22.12%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 77.41g (25.8%), Net Carbohydrates: 66.54g (24.2%), Sugar: 4.52g (5.03%), Cholesterol: 0mg (0%), Sodium: 354.52mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Potassium: 2194.09mg (62.69%), Vitamin C: 47.87mg (58.03%), Manganese: 1.06mg (53.02%), Fiber: 10.87g (43.47%), Vitamin K: 45.31µg (43.15%), Vitamin B6: 0.79mg (39.72%), Copper: 0.48mg (24.14%), Vitamin E: 3.5mg (23.33%), Vitamin B1: 0.3mg (19.81%), Folate: 64.43µg (16.11%), Phosphorus: 149.31mg (14.93%), Magnesium: 57.97mg (14.49%), Vitamin A: 589.25IU (11.79%), Iron: 1.6mg (8.87%),

Vitamin B3: 1.69mg (8.43%), Vitamin B5: 0.84mg (8.38%), Vitamin B2: 0.11mg (6.51%), Calcium: 49.48mg (4.95%),  
Zinc: 0.68mg (4.5%), Selenium: 1.94µg (2.78%)