



Sassy Sugar Cinnamon Sweet Potato Fries with Creamy Coconut Maple Dipping Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

Ingredients

- 2 sweet potatoes and into
- 2 eggs
- 2 tablespoons milk
- 0.3 cup cornstarch
- 0.5 cup sugar
- 1.5 teaspoons salt
- 4.5 teaspoons ground cinnamon

- 2 cups coconut oil for frying ()
- 12 oz vanilla yogurt fat free french 99% yoplait®
- 2 tablespoons maple syrup
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Peel sweet potatoes; cut into 1/4x1/4-inch strips. In large bowl, beat eggs and milk with whisk.
- Add potato strips; stir to coat completely.
- In pie plate, place Bisquick mix and cornstarch. In small bowl, stir together sugar, salt and cinnamon.
- Add 2 tablespoons of the sugar-cinnamon mixture to the Bisquick mixture; stir until combined. Set aside remaining sugar-cinnamon mixture.
- Heat coconut oil in 10-inch skillet over medium heat.
- Remove sweet potatoes from egg mixture; coat with Bisquick mixture.
- Place 15 to 20 strips of coated sweet potatoes in hot oil; fry until golden brown.
- Remove potatoes from oil; place on plate lined with napkins or paper towels.
- Sprinkle fries with 1/2 tablespoon of the remaining sugar-cinnamon mixture. Fry remaining sweet potatoes until all sweet potatoes are fried, coating with sugar-cinnamon mixture as soon as they come out of the hot oil.
- Place yogurt in medium serving bowl.
- Drizzle with maple syrup.
- Serve hot fried sweet potatoes with dip.

Nutrition Facts



■ PROTEIN 5.92% ■ FAT 37.4% ■ CARBS 56.68%

Properties

Glycemic Index:57.4, Glycemic Load:31.5, Inflammation Score:-10, Nutrition Score:16.919999951902%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 564.98kcal (28.25%), Fat: 24.28g (37.35%), Saturated Fat: 18.94g (118.4%), Carbohydrates: 82.77g (27.59%), Net Carbohydrates: 78.09g (28.4%), Sugar: 52.32g (58.13%), Cholesterol: 84.44mg (28.15%), Sodium: 1019.96mg (44.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Vitamin A: 16179.IIU (323.58%), Manganese: 0.96mg (47.98%), Vitamin B2: 0.47mg (27.39%), Calcium: 219.39mg (21.94%), Phosphorus: 208.28mg (20.83%), Selenium: 13.2µg (18.85%), Fiber: 4.68g (18.72%), Potassium: 620.61mg (17.73%), Vitamin B6: 0.32mg (15.79%), Vitamin B5: 1.28mg (12.77%), Magnesium: 48.34mg (12.08%), Vitamin B12: 0.64µg (10.6%), Copper: 0.21mg (10.56%), Vitamin B1: 0.14mg (9.48%), Zinc: 1.41mg (9.4%), Iron: 1.41mg (7.85%), Folate: 30.56µg (7.64%), Vitamin E: 0.66mg (4.37%), Vitamin C: 3.39mg (4.11%), Vitamin B3: 0.78mg (3.88%), Vitamin K: 3.89µg (3.71%), Vitamin D: 0.52µg (3.48%)