



Savory Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 4 servings coarse sea salt and coarsely ground pepper black to taste
- 2 tablespoons rosemary fresh minced to taste
- 2 large sweet potatoes french peeled cut into fry-size pieces

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Toss sweet potatoes, olive oil, rosemary, salt, and pepper together in a large bowl until evenly coated. Arrange sweet potatoes on a baking sheet.
- Bake in the preheated oven until tender, 20 to 30 minutes.

Nutrition Facts

PROTEIN 7.22% **FAT 0.86%** **CARBS 91.92%**

Properties

Glycemic Index:14.5, Glycemic Load:16.88, Inflammation Score:-10, Nutrition Score:11.992173910141%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 147.51kcal (7.38%), Fat: 0.14g (0.22%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 29.17g (10.61%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 287.55mg (12.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 24147.14IU (482.94%), Manganese: 0.45mg (22.44%), Fiber: 5.24g (20.96%), Vitamin B6: 0.36mg (17.93%), Potassium: 579.62mg (16.56%), Vitamin B5: 1.37mg (13.68%), Copper: 0.26mg (12.99%), Magnesium: 43.42mg (10.85%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 80.56mg (8.06%), Vitamin B2: 0.11mg (6.19%), Iron: 1.11mg (6.14%), Calcium: 54.29mg (5.43%), Vitamin C: 4.3mg (5.21%), Folate: 19.79µg (4.95%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.52mg (3.47%), Vitamin E: 0.44mg (2.95%), Vitamin K: 3.06µg (2.91%), Selenium: 1.02µg (1.46%)