



Spicy Baked Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 0.3 teaspoon ground pepper
- 6 sweet potatoes and into french cut into fries
- 3 tablespoons taco seasoning

Equipment

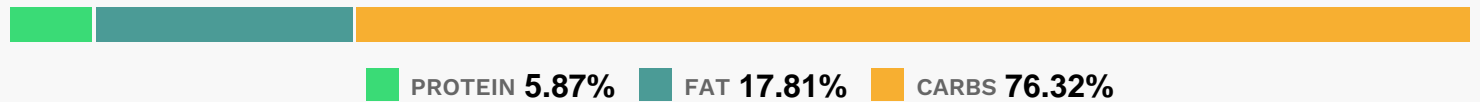
- baking sheet
- oven
- ziploc bags

spatula

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated.
- Spread the fries out in a single layer on two large baking sheets.
- Bake for 30 minutes, or until crispy and brown on one side. Turn the fries over using a spatula, and cook for another 30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries may not take as long.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:22.45, Inflammation Score:-10, Nutrition Score:14.816521613494%

Flavonoids

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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 238.23kcal (11.91%), Fat: 4.79g (7.38%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 39.18g (14.25%), Sugar: 9.69g (10.77%), Cholesterol: 0mg (0%), Sodium: 225.18mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin A: 32214.56IU (644.29%), Manganese: 0.58mg (29.24%), Fiber: 7.04g (28.15%), Vitamin B6: 0.47mg (23.72%), Potassium: 763.3mg (21.81%), Vitamin B5: 1.81mg (18.08%), Copper: 0.34mg (17.08%), Magnesium: 56.63mg (14.16%), Vitamin B1: 0.18mg (11.77%), Phosphorus: 106.46mg (10.65%), Vitamin E: 1.43mg (9.53%), Iron: 1.47mg (8.16%), Vitamin B2: 0.14mg (8.15%), Vitamin C: 6.05mg (7.33%), Vitamin K: 7.46µg (7.11%), Calcium: 67.92mg (6.79%), Vitamin B3: 1.27mg (6.33%), Folate: 24.95µg (6.24%), Zinc: 0.68mg (4.53%), Selenium: 1.36µg (1.95%)