



Spicy Jalapeño Sweet Potato Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients



1 tablespoon cornstarch



1 jalapeno



0.5 teaspoon salt



3 medium sweet potatoes and into peeled

Equipment



bowl



baking sheet

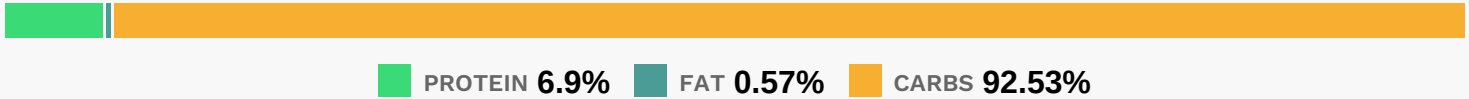


oven

Directions

- ☐ Heat oven to 425°.
- ☐ Cut 3 medium peeled sweet potatoes into 1/4-inch-thick fries. In a bowl, combine 1 tablespoon cornstarch and 1/2 teaspoon jalapeño salt; add fries and toss. Arrange fries on two baking sheets coated with vegetable oil cooking spray; coat with more cooking spray.
- ☐ Bake until fries begin to brown, 10 minutes.
- ☐ Remove from oven and flip; spritz with cooking spray and sprinkle with 1 sliced jalapeño.
- ☐ Bake until golden, 8 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:16.87, Inflammation Score:-10, Nutrition Score:12.243912976721%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 154.4kcal (7.72%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 30.96g (11.26%), Sugar: 7.23g (8.03%), Cholesterol: 0mg (0%), Sodium: 384.2mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 24084.7IU (481.69%), Manganese: 0.44mg (22.13%), Fiber: 5.2g (20.8%), Vitamin B6: 0.37mg (18.45%), Potassium: 580.02mg (16.57%), Vitamin B5: 1.37mg (13.67%), Copper: 0.26mg (12.94%), Magnesium: 42.97mg (10.74%), Vitamin C: 8.22mg (9.96%), Vitamin B1: 0.13mg (8.91%), Phosphorus: 80.83mg (8.08%), Vitamin B2: 0.11mg (6.23%), Iron: 1.05mg (5.86%), Calcium: 51.49mg (5.15%), Vitamin B3: 0.99mg (4.94%), Folate: 19.59µg (4.9%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.7µg (3.52%), Zinc: 0.52mg (3.44%), Selenium: 1.09µg (1.55%)