



Spicy Sweet Potato Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



411 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground pepper
- 2 tablespoons maple syrup
- 2 tablespoons olive oil
- 3 servings salt and pepper to taste
- 3 large sweet potatoes and into peeled cut into 1/4-inch slices

Equipment

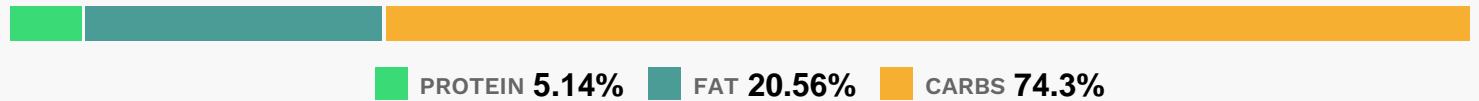
- bowl
- baking sheet

- oven
- aluminum foil

Directions

- Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
- Stir together olive oil, maple syrup, and cayenne pepper in a small bowl.
- Brush the sweet potato slices with the maple mixture and place onto the prepared baking sheet.
- Sprinkle with salt and pepper to taste.
- Bake in preheated oven for 8 minutes, then turn the potato slices over, brush with any remaining maple mixture, and continue baking until tender in the middle, and crispy on the edges, about 7 minutes more.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:37.06, Inflammation Score:-10, Nutrition Score:21.342608679896%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 411.44kcal (20.57%), Fat: 9.53g (14.66%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 77.49g (25.83%), Net Carbohydrates: 67.24g (24.45%), Sugar: 22.22g (24.69%), Cholesterol: 0mg (0%), Sodium: 382.23mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Vitamin A: 48305.15IU (966.1%), Manganese: 1.19mg (59.38%), Fiber: 10.25g (40.98%), Vitamin B6: 0.71mg (35.73%), Potassium: 1179.29mg (33.69%), Vitamin B5: 2.72mg (27.2%), Copper: 0.51mg (25.71%), Vitamin B2: 0.38mg (22.25%), Magnesium: 88.06mg (22.01%), Vitamin B1: 0.27mg (18.3%), Phosphorus: 160.29mg (16.03%), Vitamin E: 2.28mg (15.18%), Iron: 2.16mg (11.98%), Calcium: 116.99mg (11.7%), Vitamin K: 11.87µg (11.31%), Vitamin C: 8.29mg (10.05%), Vitamin B3: 1.92mg (9.6%), Folate: 37.58µg (9.39%), Zinc: 1.12mg (7.45%), Selenium: 2.06µg (2.94%)