



Sweet-Hot BBQ Tater Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings additional olive oil
- ☐ 2 pounds sweet potatoes peeled cut lengthwise into 1/2-inch-thick slices, each slice cut lengthwise into 1/2-inch-wide strips

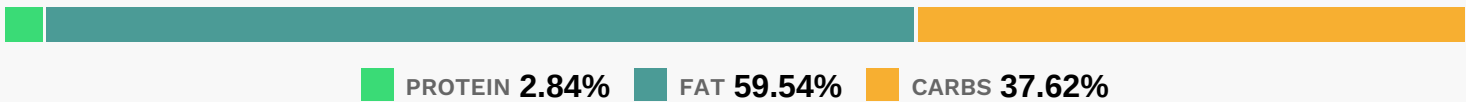
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Prepare barbecue (medium heat).
- ☐ Place potatoes in 13x9x2-inch baking dish.
- ☐ Add 1/4 cup oil, chopped fresh rosemary, brown sugar, garlic powder, and cayenne pepper to potatoes.
- ☐ Sprinkle potatoes with salt and pepper; toss to coat.
- ☐ Brush grill lightly with oil.
- ☐ Place potatoes on grill, spacing about 1 inch apart. Grill until potatoes are tender and slightly charred, turning occasionally, about 10 minutes total.
- ☐ Transfer potatoes to bowl, season to taste with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:15.04, Inflammation Score:-10, Nutrition Score:12.790434712949%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 343.31kcal (17.17%), Fat: 23.11g (35.56%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 28.21g (10.26%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 84.59mg (3.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 21494.8IU (429.9%), Vitamin E: 3.73mg (24.89%), Manganese: 0.4mg (20.06%), Fiber: 4.65g (18.6%), Vitamin B6: 0.33mg (16.41%), Vitamin K: 16.64µg (15.84%), Potassium: 522.3mg (14.92%), Vitamin B5: 1.22mg (12.19%), Copper: 0.23mg (11.66%), Magnesium: 38.79mg (9.7%), Vitamin B1: 0.12mg (8.03%), Phosphorus: 73.68mg (7.37%), Iron: 1.12mg (6.23%), Vitamin B2: 0.09mg (5.54%), Calcium: 48.82mg (4.88%), Vitamin C: 3.77mg (4.57%), Folate: 17.34µg (4.33%), Vitamin B3: 0.86mg (4.29%), Zinc: 0.47mg (3.16%), Selenium: 1.06µg (1.51%)