



Sweet Potato Chips with Cranberry Aioli

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



50

CALORIES



41 kcal

SIDE DISH

Ingredients

- 50 servings salt and pepper to taste
- 1 teaspoon dijon mustard
- 0.5 cup mayonnaise
- 0.3 cup olive oil
- 0.5 teaspoon orange juice
- 2 large sweet potatoes and into peeled cut into thin slices
- 0.5 cup roasted cranberry sauce (from 8-)

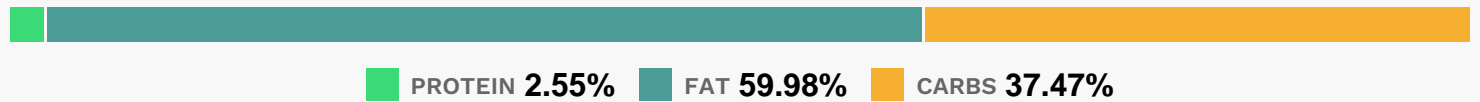
Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat oven to 350F. Line 2 (15x10x1-inch) pans with foil
- In large bowl, toss sweet potatoes and oil. In pans, arrange sweet potatoes in single layer.
- Sprinkle with salt and pepper.
- Bake about 40 minutes, turning once, or until as crisp as desired.
- In small bowl, mix aioli ingredients. Refrigerate until serving time.
- Serve chips with aioli for dipping.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:2.5886957168417%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 41.02kcal (2.05%), Fat: 2.77g (4.26%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.45g (1.25%), Sugar: 1.48g (1.64%), Cholesterol: 0.94mg (0.31%), Sodium: 216.76mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin A: 1932.28IU (38.65%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.29mg (1.94%), Manganese: 0.04mg (1.89%), Fiber: 0.44g (1.77%), Vitamin B6: 0.03mg (1.45%), Potassium: 47.4mg (1.35%), Vitamin B5: 0.11mg (1.13%), Copper: 0.02mg (1.1%)