



## Sweet-Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 6 servings sea salt fine
- 2 pounds orange-fleshed sweet potatoes cut into 1/2-in.-thick sticks (often mislabeled "yams")
- 6 servings vegetable oil for frying

### Equipment

- paper towels
- sauce pan
- kitchen thermometer

## Directions

- Boil potatoes in water until tender-crisp, about 5 minutes.
- Drain and pat dry.
- Heat 2 to 3 in. oil in a large saucepan until oil registers 350 on a deep-fry thermometer. Fry potatoes in batches until golden and crisp, about 4 minutes.
- Drain on paper towels.
- Sprinkle immediately with salt.

## Nutrition Facts

 **PROTEIN 6.05%**  **FAT 16.48%**  **CARBS 77.47%**

## Properties

Glycemic Index:9.67, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:11.297391352446%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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

## Nutrients (% of daily need)

Calories: 154.78kcal (7.74%), Fat: 2.88g (4.42%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 25.89g (9.41%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 276.95mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin A: 21450.38IU (429.01%), Manganese: 0.39mg (19.53%), Fiber: 4.54g (18.14%), Vitamin B6: 0.32mg (15.8%), Potassium: 509.58mg (14.56%), Vitamin B5: 1.21mg (12.1%), Copper: 0.23mg (11.42%), Magnesium: 37.8mg (9.45%), Vitamin B1: 0.12mg (7.86%), Vitamin K: 7.87µg (7.5%), Phosphorus: 71.06mg (7.11%), Vitamin B2: 0.09mg (5.43%), Iron: 0.92mg (5.14%), Calcium: 45.48mg (4.55%), Vitamin C: 3.63mg (4.4%), Vitamin B3: 0.84mg (4.21%), Folate: 16.63µg (4.16%), Vitamin E: 0.62mg (4.15%), Zinc: 0.45mg (3.03%), Selenium: 0.91µg (1.3%)