



Sweet Potato Fries with Basil Salt and Garlic Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



416 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons basil leaves fresh chopped
- 1 clove garlic minced
- 2 teaspoons kosher salt
- 1 tablespoon juice of lemon
- 0.8 cup mayonnaise
- 3 tablespoons olive oil

5 sweet potatoes cut into 1 by 5-inch "fries"

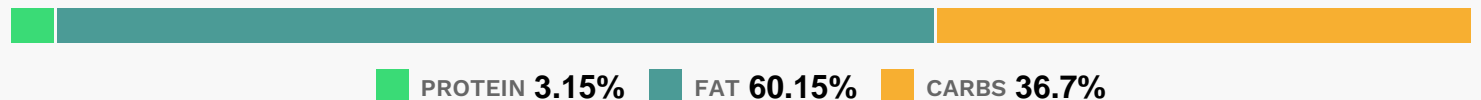
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F.
- Place the sweet potato "fries" on a foil-lined baking sheet and toss with the olive oil.
- Bake until golden, about 45 minutes.
- Meanwhile combine the basil, salt, and pepper in a small bowl. In another small bowl combine the mayonnaise, garlic, and lemon juice, and stir to combine.
- When the sweet potato fries come out of the oven, sprinkle with the basil salt.
- Serve with the garlic mayonnaise alongside for dipping.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:15.938695656217%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 416.11kcal (20.81%), Fat: 28.06g (43.16%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 32.79g (11.92%), Sugar: 8.1g (9%), Cholesterol: 11.76mg (3.92%), Sodium: 1056.85mg (45.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin A: 26773.32IU (535.47%), Vitamin K: 56.29µg (53.61%), Manganese: 0.53mg (26.37%), Fiber: 5.72g (22.88%), Vitamin B6: 0.4mg (20.24%), Potassium: 649.28mg (18.55%), Vitamin E: 2.43mg (16.18%), Vitamin B5: 1.56mg (15.65%), Copper: 0.3mg (14.85%), Magnesium: 48.37mg (12.09%), Vitamin B1: 0.15mg (10.11%), Phosphorus: 96mg (9.6%), Iron: 1.3mg (7.23%), Vitamin B2: 0.12mg (7.17%), Vitamin C: 5.76mg (6.99%), Calcium: 62.26mg (6.23%), Folate: 23.11µg (5.78%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.62mg (4.16%), Selenium: 1.86µg (2.66%)