



Sweet Potato Fries with Brown-Butter Marshmallow Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 1 stick pam original flavor shopping list
- ☐ 3 large sweet potatoes and into cut into ½-inch wedges
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 serving coarse mustard
- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.8 cup marshmallow creme
- ☐ 0.3 cup cream sour

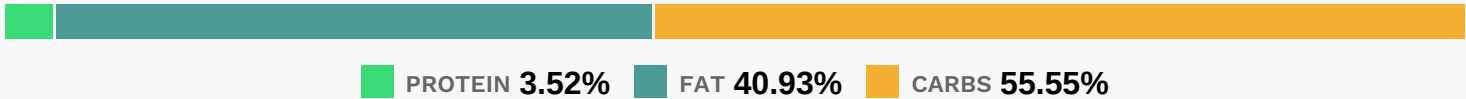
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees. Lightly coat a rimmed baking sheet with cooking spray. On sheet, toss sweet potatoes with oil and season with salt and pepper. Arrange in a single layer and bake until tender and golden brown, about 40 minutes, flipping once.
- ☐ Meanwhile, in a small saucepan, heat butter over medium, swirling pan occasionally, until golden brown and most of the foam has subsided, about 8 minutes. Immediately pour into a small bowl and let cool slightly. In a medium bowl, whisk together marshmallow creme and sour cream, then stir in brown butter and salt to taste.
- ☐ Serve sweet potato fries warm with sauce and sprinkle with pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:16.88, Inflammation Score:-10, Nutrition Score:12.608260989189%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 336.9kcal (16.85%), Fat: 15.79g (24.3%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 48.23g (16.08%), Net Carbohydrates: 43.09g (15.67%), Sugar: 17.22g (19.13%), Cholesterol: 35.75mg (11.92%), Sodium: 107.32mg

(4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 24528.06IU (490.56%), Manganese: 0.44mg (22.18%), Fiber: 5.14g (20.54%), Vitamin B6: 0.36mg (18.01%), Potassium: 589.51mg (16.84%), Vitamin B5: 1.41mg (14.1%), Copper: 0.26mg (13.06%), Magnesium: 44.14mg (11.03%), Phosphorus: 91.44mg (9.14%), Vitamin B1: 0.14mg (9.12%), Vitamin E: 1.14mg (7.61%), Vitamin B2: 0.13mg (7.36%), Calcium: 64.59mg (6.46%), Iron: 1.07mg (5.96%), Vitamin K: 5.6µg (5.33%), Vitamin C: 4.17mg (5.05%), Folate: 19.75µg (4.94%), Vitamin B3: 0.97mg (4.83%), Zinc: 0.56mg (3.73%), Selenium: 1.8µg (2.57%), Vitamin D: 0.21µg (1.4%)