



## Sweet Potato Fries with Homemade Curry Spiced Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



326 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon curry
- ☐ 2 egg yolks
- ☐ 2 teaspoons garam masala
- ☐ 0.5 teaspoon powdered garlic
- ☐ 3 to 4 garlic cloves
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup olive oil extra-virgin
- ☐ 8 servings pepper freshly ground to taste
- ☐ 1 teaspoon sea salt
- ☐ 2 pounds sweet potatoes
- ☐ 0.5 teaspoon turmeric
- ☐ 8 servings vegetable oil for frying
- ☐ 2 pounds yams

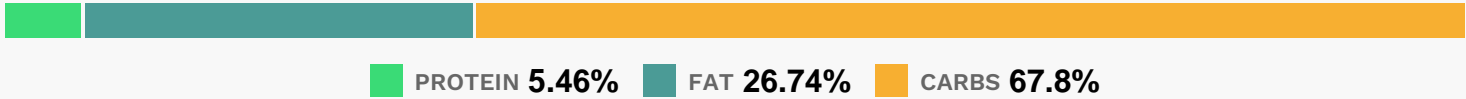
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ blender

## Directions

- ☐ Stir together all spice mix ingredients in a small bowl. Drop garlic cloves into a blender or food processor with the motor running.
- ☐ Add egg yolks and lemon juice and process briefly.
- ☐ Add oil in a slow, steady stream until mixture becomes thick and creamy. Stir in 2 teaspoons of spice mix and season with salt and pepper, to taste. Cover and refrigerate until ready to serve. To prepare fries, peel potatoes and cut into long 1/4- to 1/2-inch-thick strips; place in a large bowl of ice water to keep from browning.
- ☐ Remove a handful at a time and pat very dry between paper towels. Drop into 1 inch of hot oil (oil is hot enough when a few drops of water added start to pop) and cook for 5 to 7 minutes or until lightly browned, stirring occasionally.
- ☐ Drain well on paper towels and repeat with remaining potatoes. (Keep warm in a 300°F oven.)
- ☐ Place in a large bowl and toss with remaining sea salt and spice mixture.
- ☐ Serve immediately with aioli.

# Nutrition Facts



## Properties

Glycemic Index:26.47, Glycemic Load:25.36, Inflammation Score:-10, Nutrition Score:18.78652177168%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 325.76kcal (16.29%), Fat: 9.82g (15.11%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 47.58g (17.3%), Sugar: 5.46g (6.06%), Cholesterol: 48.6mg (16.2%), Sodium: 366.45mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin A: 16312.56IU (326.25%), Manganese: 0.85mg (42.4%), Potassium: 1334.78mg (38.14%), Fiber: 8.44g (33.76%), Vitamin B6: 0.61mg (30.46%), Vitamin C: 24.09mg (29.2%), Copper: 0.39mg (19.42%), Vitamin B1: 0.23mg (15.23%), Vitamin B5: 1.41mg (14.13%), Phosphorus: 138.12mg (13.81%), Magnesium: 55.09mg (13.77%), Vitamin K: 13.53µg (12.89%), Vitamin E: 1.88mg (12.54%), Folate: 46.38µg (11.6%), Iron: 1.69mg (9.37%), Vitamin B2: 0.13mg (7.84%), Calcium: 65.72mg (6.57%), Vitamin B3: 1.3mg (6.52%), Selenium: 4.37µg (6.25%), Zinc: 0.77mg (5.11%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.46%)