



Sweet Potato Fries with Malt Vinegar

 Vegetarian  Vegan  Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- 1 teaspoon granulated garlic powder
- 0.5 teaspoon granulated sugar
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 3 tablespoons malt vinegar
- 1 teaspoon granulated onion powder
- 1 tablespoon paprika smoked
- 4 cups sweet potatoes julienned peeled

3 cups vegetable oil

Equipment

bowl

frying pan

paper towels

Directions

Watch how to make this recipe.

Add the julienned potatoes to a bowl filled with ice water while you heat the oil.

Preheat the oil in a cast iron skillet or fryer to 325 degrees F. In a small bowl, add all the spices and combine well.

Remove the potatoes from the ice water and pat dry with paper towels. Fry the potatoes, in batches, for 3 to 4 minutes to cook the inside.

Remove the potatoes from the oil to a bowl and bring the oil up to 350 degrees F.

Add the potatoes and fry again, in batches, this time to cook the outside until golden brown. (They will not achieve the texture of a French fry, but will have a nice color and be slightly crispy).

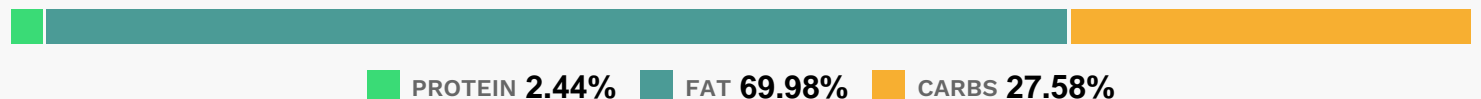
Remove the potatoes from the oil to a paper towel lined plate.

Transfer the potatoes to a serving bowl or platter.

Sprinkle generously with the spice mix and sprinkle with malt vinegar.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:9.09, Inflammation Score:-10, Nutrition Score:11.360869594242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.02kcal (13.95%), Fat: 22.08g (33.96%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 16.38g (5.96%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 438.41mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin A: 13158IU (263.16%), Vitamin K: 42.66µg (40.63%), Vitamin E: 2.37mg (15.79%), Manganese: 0.27mg (13.65%), Fiber: 3.2g (12.79%), Vitamin B6: 0.22mg (11.12%), Potassium: 340.86mg (9.74%), Copper: 0.15mg (7.53%), Vitamin B5: 0.74mg (7.45%), Magnesium: 26.32mg (6.58%), Iron: 1.06mg (5.89%), Vitamin B1: 0.08mg (5.25%), Phosphorus: 50.46mg (5.05%), Vitamin B2: 0.07mg (4.15%), Calcium: 34.77mg (3.48%), Vitamin B3: 0.63mg (3.16%), Vitamin C: 2.25mg (2.73%), Folate: 10.81µg (2.7%), Zinc: 0.36mg (2.42%), Selenium: 0.83µg (1.19%)