



Sweet Potato Fusion French Fries

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese
- ☐ 2 servings sea salt and ground pepper black to taste
- ☐ 2 sweet potatoes french cut into fries

Equipment

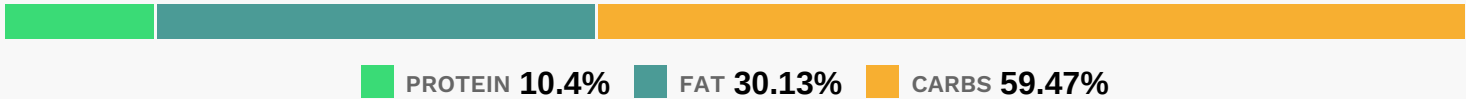
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine sweet potatoes and olive oil together in a bowl; toss to coat potatoes completely.
- ☐ Spread sweet potatoes in an even layer on a baking sheet.
- ☐ Bake fries in the preheated oven, turning once, until cooked through and crisp, 20 to 25 minutes.
- ☐ Transfer fries to a bowl and sprinkle Parmesan cheese and cilantro over the top; toss to coat. Season with sea salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:22.56, Inflammation Score:-10, Nutrition Score:16.66434791425%

Flavonoids

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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 305.58kcal (15.28%), Fat: 10.35g (15.92%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 39.14g (14.23%), Sugar: 9.55g (10.61%), Cholesterol: 8.5mg (2.83%), Sodium: 324.89mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.07%), Vitamin A: 32187.78IU (643.76%), Manganese: 0.6mg (30%), Fiber: 6.82g (27.27%), Vitamin B6: 0.48mg (24.23%), Potassium: 776.6mg (22.19%), Calcium: 216.58mg (21.66%), Phosphorus: 193.32mg (19.33%), Vitamin B5: 1.87mg (18.68%), Copper: 0.35mg (17.37%), Magnesium: 62.28mg (15.57%), Vitamin B1: 0.18mg (12.1%), Vitamin E: 1.63mg (10.89%), Vitamin B2: 0.18mg (10.6%), Vitamin K: 9.9µg (9.43%), Iron: 1.54mg (8.54%), Zinc: 1.02mg (6.83%), Vitamin C: 5.53mg (6.71%), Folate: 26µg (6.5%), Vitamin B3: 1.3mg (6.49%), Selenium: 4.18µg (5.97%), Vitamin B12: 0.15µg (2.5%)