



Sweet Potato Matchsticks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 pinch cayenne
- ☐ 3 sprigs sage fresh
- ☐ 6 sprigs thyme leaves fresh
- ☐ 4 cloves garlic separated unpeeled
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon onion powder

- ☐ 3 sprigs rosemary
- ☐ 1 tablespoon paprika smoked
- ☐ 2 large to 3 sweet potatoes
- ☐ 6 servings vegetable oil for deep-frying

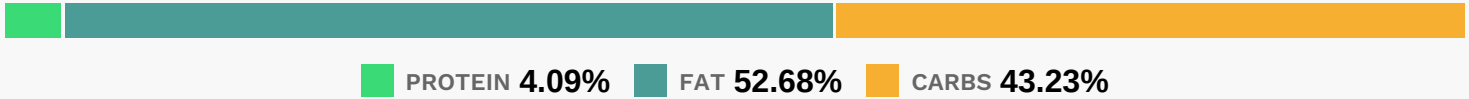
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ mandoline
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Begin by putting the oil, herbs and garlic in a heavy-bottomed pot over medium heat. Bring the oil up to 365 degrees F, then remove the herbs and garlic with a slotted spoon and drain on paper towels. They should be nice and crackly at this stage. Reserve for garnish.
- ☐ Using a mandoline, cut the sweet potatoes into matchsticks. Put in a large bowl of ice water to remove any starch. Soak for a few minutes and rinse with fresh cold water until it runs clear.
- ☐ Drain the matchsticks and pat dry in a kitchen towel, to remove as much water as possible. Fry in 365 degree F oil, in small batches, until crispy and golden, 2 to 3 minutes.
- ☐ Transfer to paper cones, resting in cups, and season with Cajun spice mix. Peel the garlic cloves and sprinkle over the matchsticks along with the fried herbs before serving.
- ☐ Mix all the ingredients together in a small bowl.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:11.58, Inflammation Score:-10, Nutrition Score:13.884782614915%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 237.66kcal (11.88%), Fat: 14.28g (21.97%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 22.02g (8.01%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 452.85mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin A: 16709.97IU (334.2%), Copper: 0.82mg (41.1%), Vitamin K: 28.99µg (27.61%), Manganese: 0.43mg (21.25%), Fiber: 4.35g (17.41%), Vitamin B6: 0.32mg (16.11%), Potassium: 453.13mg (12.95%), Vitamin E: 1.8mg (11.99%), Vitamin B5: 0.97mg (9.72%), Magnesium: 35.52mg (8.88%), Iron: 1.32mg (7.34%), Vitamin B1: 0.11mg (7.26%), Phosphorus: 70.64mg (7.06%), Vitamin C: 5.29mg (6.41%), Vitamin B2: 0.09mg (5.53%), Calcium: 52.55mg (5.26%), Vitamin B3: 0.8mg (3.99%), Folate: 15.11µg (3.78%), Zinc: 0.53mg (3.51%), Selenium: 1.53µg (2.19%)