



Sweet Potato Oven Fries with Avocado Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

Ingredients

- 1 avocado
- 0.5 teaspoon chili powder
- 0.3 cup cream cheese
- 0.5 teaspoon ground coriander
- 1 jalapeno seeded chopped
- 1 juice of lime juiced
- 0.3 cup mayonnaise
- 2 tablespoons olive oil as needed

- 1 teaspoon paprika
- 6 servings rock salt black freshly ground to taste
- 6 servings pepper black freshly ground
- 2 spring onion light white green chopped
- 2 large sweet potatoes and into peeled unpeeled cut into 4-inch long and 1/4 to 1/2 fries

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- blender
- aluminum foil

Directions

- Preheat your oven to 450 degrees F. Line a baking sheet with aluminum foil and set aside.
- Place the sweet potatoes in a large bowl and toss with olive oil until the sweet potatoes are coated.
- Add the paprika, chili powder, coriander, salt, and pepper; toss to distribute evenly.
- Arrange the coated fries in a single layer on the prepared pan.
- Bake for 20 minutes on the lower rack until the sweet potatoes soften.
- Transfer the pan to the upper rack of the oven and bake 10 minutes longer, until fries are crispy.
- Serve with Avocado Dip.
- Place the avocado, mayonnaise, cream cheese, jalapeno, scallions, and lime juice into a blender or small food processor. Blend for 1 minute or until you have a smooth paste. Season with salt and pepper, to taste.
- Serve as a dip for the Sweet Potato Oven Fries.

* Cook's Note: We find that Hass avocados make the smoothest and best tasting Avocadodip.

Nutrition Facts

 PROTEIN 4.24%  FAT 62.75%  CARBS 33.01%

Properties

Glycemic Index:47.67, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:15.282173907627%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 326.45kcal (16.32%), Fat: 23.41g (36.02%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 21.61g (7.86%), Sugar: 5.82g (6.47%), Cholesterol: 17.96mg (5.99%), Sodium: 381.03mg (16.57%), Alcohol: 0g (100%), Protein: 3.56g (7.12%), Vitamin A: 16586.64IU (331.73%), Vitamin K: 41.78µg (39.79%), Fiber: 6.1g (24.41%), Manganese: 0.38mg (18.82%), Vitamin B6: 0.36mg (17.8%), Potassium: 600.6mg (17.16%), Vitamin E: 2.45mg (16.37%), Vitamin B5: 1.49mg (14.93%), Vitamin C: 11.13mg (13.49%), Copper: 0.25mg (12.62%), Folate: 45.28µg (11.32%), Magnesium: 42.43mg (10.61%), Phosphorus: 91.97mg (9.2%), Vitamin B2: 0.16mg (9.17%), Vitamin B1: 0.12mg (8.09%), Vitamin B3: 1.34mg (6.71%), Iron: 1.15mg (6.38%), Calcium: 58.21mg (5.82%), Zinc: 0.69mg (4.6%), Selenium: 2.33µg (3.32%)