



WHATSheATE



Sweet Potato Oven Fries with Spicy Sour Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chipotle sauce salt-free
- ☐ 1 lb sweet potatoes and into peeled cut into 1/2-inch-thick slices
- ☐ 1 serving olive oil cooking spray
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 1 tablespoon sriracha
- ☐ 1 tablespoon cilantro leaves fresh chopped

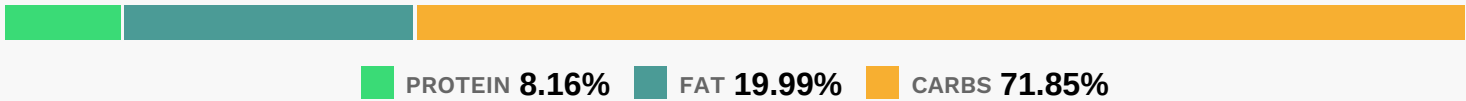
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 425°F. Spray large cookie sheet with cooking spray.
- ☐ Place 3/4 teaspoon of the seasoning in 1-gallon resealable food-storage plastic bag; add potatoes. Seal bag; shake until potatoes are evenly coated.
- ☐ Place potatoes in single layer on cookie sheet; spray lightly with cooking spray.
- ☐ Bake 20 minutes or until bottoms are golden brown. Turn potatoes; bake 10 to 15 minutes longer or until tender and bottoms are golden brown.
- ☐ Meanwhile, in small bowl, stir sour cream, sriracha sauce, cilantro and remaining 1/4 teaspoon seasoning; refrigerate until ready to serve.
- ☐ Serve fries warm with spicy sour cream.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:11.26, Inflammation Score:-10, Nutrition Score:10.416086927704%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 141.25kcal (7.06%), Fat: 3.19g (4.91%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 22.02g (8.01%), Sugar: 5.36g (5.95%), Cholesterol: 10.06mg (3.35%), Sodium: 173.25mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 16194.1IU (323.88%), Fiber: 3.77g (15.07%), Manganese: 0.29mg (14.73%), Potassium: 448.3mg (12.81%), Vitamin B6: 0.25mg (12.4%), Vitamin B5: 0.91mg (9.11%), Copper: 0.18mg (8.85%), Magnesium: 31.41mg (7.85%), Calcium: 74.88mg (7.49%), Phosphorus:

74.12mg (7.41%), Vitamin B1: 0.1mg (6.75%), Vitamin C: 5.44mg (6.59%), Vitamin B2: 0.11mg (6.26%), Iron: 0.73mg (4.05%), Folate: 15.89µg (3.97%), Vitamin B3: 0.66mg (3.31%), Zinc: 0.49mg (3.25%), Vitamin E: 0.39mg (2.58%), Vitamin K: 2.57µg (2.45%), Selenium: 1.57µg (2.25%), Vitamin B12: 0.12µg (2.01%)