



## Sweet Potato Steak Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 0.8 teaspoon salt
- 2 pounds sweet potatoes cut into 1/4-inch-thick x 3/4-inch-wide strips

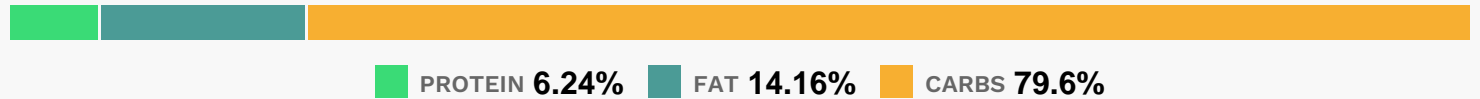
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 45
- Combine first 4 ingredients in a large bowl; toss well. Arrange potatoes in a single layer on a large baking sheet coated with cooking spray.
- Bake at 450 for 18 minutes or until lightly browned.
- Cut the fries into bite-sized pieces, or let baby pick them up whole.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:15.02, Inflammation Score:-10, Nutrition Score:11.446956556776%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 151.54kcal (7.58%), Fat: 2.42g (3.73%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 25.97g (9.44%), Sugar: 6.33g (7.04%), Cholesterol: 0mg (0%), Sodium: 373.97mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin A: 21456.05IU (429.12%), Manganese: 0.41mg (20.37%), Fiber: 4.68g (18.71%), Vitamin B6: 0.32mg (15.97%), Potassium: 513.82mg (14.68%), Vitamin B5: 1.21mg (12.13%), Copper: 0.23mg (11.53%), Magnesium: 38.71mg (9.68%), Vitamin B1: 0.12mg (7.9%), Phosphorus: 71.56mg (7.16%), Vitamin K: 6.2µg (5.9%), Iron: 1.06mg (5.89%), Vitamin B2: 0.09mg (5.53%), Vitamin E: 0.79mg (5.27%), Calcium: 50.89mg (5.09%), Vitamin C: 3.64mg (4.41%), Folate: 17.42µg (4.36%), Vitamin B3: 0.86mg (4.29%), Zinc: 0.46mg (3.09%), Selenium: 0.92µg (1.32%)