



WHATSheATE



Sweet Potato Wedges with Lime Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 4 servings cilantro leaves fresh chopped (for serving)
- ☐ 4 servings pepper freshly ground
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 teaspoon lime zest finely grated
- ☐ 0.3 cup mayonnaise
- ☐ 1.5 pounds sweet potatoes and into peeled cut lengthwise into 8 wedges
- ☐ 2 tablespoons vegetable oil

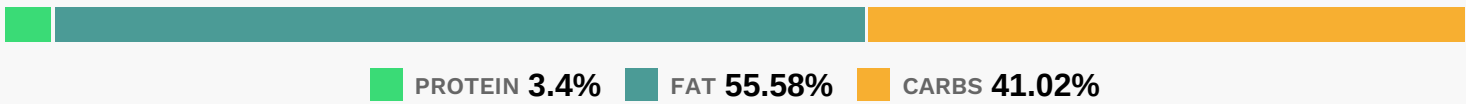
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Toss sweetpotatoes and oil on a foil-lined large rimmedbaking sheet; season with salt and pepper.
- ☐ Roast, turning once, until golden brownand crisp, 25–30 minutes.
- ☐ Meanwhile, whisk mayonnaise, lime zest,and juice in a small bowl.
- ☐ Season fries with salt, top with cilantro,and serve with lime mayo for dipping.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:16.96, Inflammation Score:-10, Nutrition Score:14.262173958447%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 334.27kcal (16.71%), Fat: 20.85g (32.08%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 29.48g (10.72%), Sugar: 7.26g (8.07%), Cholesterol: 7.84mg (2.61%), Sodium: 212.21mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin A: 24152.42IU (483.05%), Vitamin K: 46.48µg (44.27%), Manganese: 0.45mg (22.69%), Fiber: 5.14g (20.58%), Vitamin B6: 0.36mg (17.92%), Potassium: 581.86mg (16.62%), Vitamin B5: 1.4mg (13.98%), Copper: 0.26mg (13.14%), Vitamin E: 1.62mg (10.8%), Magnesium: 43.12mg (10.78%), Vitamin B1: 0.14mg (9.03%), Phosphorus: 84.44mg (8.44%), Vitamin B2: 0.11mg (6.36%), Iron: 1.09mg (6.07%), Vitamin C: 4.9mg (5.93%), Calcium: 53.42mg (5.34%), Folate: 19.98µg (5%), Vitamin B3: 0.95mg (4.77%), Zinc: 0.54mg (3.61%), Selenium: 1.46µg (2.08%)