



## Sweet & White Potato Spears

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

### Ingredients

- 1.5 lb baking potatoes cut into thin spears ( 3)
- 2 Tbsp parsley fresh chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb sweet potatoes cut into thin spears ( 3)

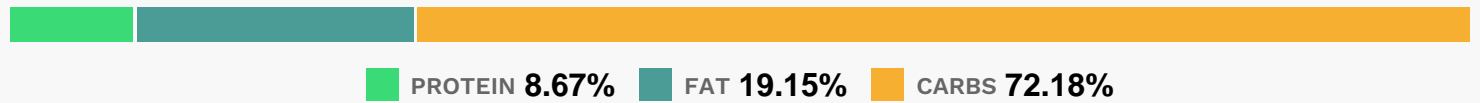
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 375F.
- Toss potatoes with dressing.
- Spread onto rimmed baking sheet sprayed with cooking spray.
- Bake 1 hour or until tender, turning after 30 min. and topping with cheese for the last 5 min.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:17.48, Glycemic Load:16.43, Inflammation Score:-10, Nutrition Score:11.577391329667%

## Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 151.26kcal (7.56%), Fat: 3.27g (5.04%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 24.81g (9.02%), Sugar: 4.54g (5.05%), Cholesterol: 2.17mg (0.73%), Sodium: 201.68mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin A: 9743.23IU (194.86%), Vitamin K: 21.54µg (20.51%), Vitamin B6: 0.39mg (19.36%), Potassium: 531.69mg (15.19%), Manganese: 0.29mg (14.47%), Fiber: 2.95g (11.8%), Copper: 0.18mg (8.86%), Phosphorus: 87.45mg (8.75%), Magnesium: 34.5mg (8.63%), Vitamin C: 6.57mg (7.96%), Vitamin B5: 0.76mg (7.6%), Vitamin B1: 0.11mg (7.5%), Iron: 1.09mg (6.05%), Vitamin B3: 1.11mg (5.55%), Calcium: 53.93mg (5.39%), Folate: 18.31µg (4.58%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.53mg (3.51%), Vitamin E: 0.46mg (3.06%), Selenium: 1.79µg (2.56%)