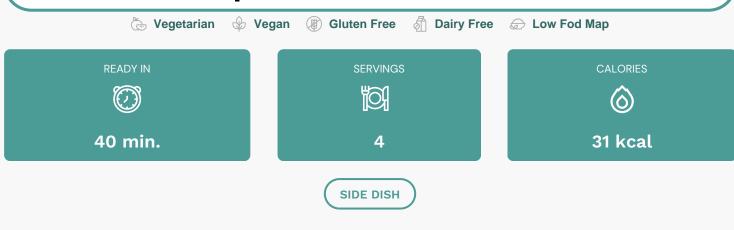


Taco Spiced Sweet Potato Fries



Ingredients

	1 tablespoon olive oil	
	6 teaspoons taco seasoning	(from 1-oz package

Equipment

bowl
baking sheet
oven

Directions Heat oven to 350F. In large bowl, toss sweet potatoes with oil and taco seasoning mix until coated. Spread potatoes in single layer on ungreased cookie sheet. Bake 20 to 30 minutes, turning once or twice, until potatoes are lightly browned and tender.

Nutrition Facts

protein **0%** 📕 fat **98.94%** 📒 carbs **1.06%**

Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-1, Nutrition Score:0.26130434287631%

Nutrients (% of daily need)

Calories: 31.22kcal (1.56%), Fat: 3.5g (5.38%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.03g (0.03%), Cholesterol: Omg (0%), Sodium: 12.17mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: Og (0%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.11µg (2.01%)