



## Taco Spiced Sweet Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



31 kcal

SIDE DISH

### 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:0, Glycemic Load:0, 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: 0mg (0%), Sodium: 12.17mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.11µg (2.01%)