

# Tangy Sweet Potato Fries

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**201 kcal**

**SIDE DISH**

## Ingredients

- 1 tablespoon garlic powder
- 0.5 cup salad dressing italian
- 1 tablespoon parmesan cheese grated
- 6 servings pepper black to taste
- 3 large sweet potatoes and into cut into wedges

## Equipment

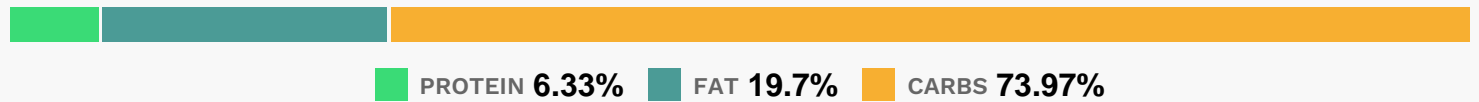
- bowl
- baking sheet

oven

## Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Spray a baking sheet with cooking spray.
- Mix sweet potato wedges, Italian dressing, 1/4 cup Parmesan cheese, and garlic powder together in a bowl until sweet potatoes are evenly coated. Season with black pepper.
- Arrange potato wedges on the prepared baking sheet.
- Bake in the preheated oven for 15 to 20 minutes, then flip potatoes over; continue baking until easily pierced with a fork, 15 to 20 minutes more.
- Sprinkle sweet potato fries with the remaining 1 tablespoon Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:13.014782624319%

## 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: 201.37kcal (10.07%), Fat: 4.46g (6.87%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 32.47g (11.81%), Sugar: 9.25g (10.28%), Cholesterol: 0.73mg (0.24%), Sodium: 303.37mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin A: 24132.71IU (482.65%), Manganese: 0.47mg (23.56%), Fiber: 5.25g (20.98%), Vitamin B6: 0.39mg (19.54%), Potassium: 608.12mg (17.37%), Vitamin B5: 1.37mg (13.74%), Vitamin K: 14.21µg (13.53%), Copper: 0.27mg (13.46%), Magnesium: 44.97mg (11.24%), Vitamin B1: 0.14mg (9.51%), Phosphorus: 93.8mg (9.38%), Iron: 1.18mg (6.54%), Vitamin B2: 0.11mg (6.39%), Calcium: 62.41mg (6.24%), Vitamin E: 0.89mg (5.9%), Vitamin C: 4.17mg (5.06%), Vitamin B3: 0.99mg (4.92%), Folate: 19.39µg (4.85%), Zinc: 0.6mg (4.01%), Selenium: 2.03µg (2.9%)