



A Nutrition Resource

SWEET POTATO FRIES

Yield: 6 Servings | **Serving Size:** 1/2 cup

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Cost/serving: \$0.76

Ingredients:

- 3 sweet potatoes, peeled and cut into 2 inch long and 1/4 inch thick
- 1 tablespoon vegetable oil
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder

Directions:

- 1) Preheat oven to 425° F
- 2) Wash and peel the sweet potatoes
- 3) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 4) In a large bowl, toss the sweet potatoes with the oil to coat.
- 5) Add the paprika, salt, pepper, and garlic powder, and mix to coat. Spread sweet potato fries in a single layer on a baking sheet, making sure they don't overlap.
- 6) Bake about 20 minutes, turning halfway through, until they are tender and golden brown.
- 7) Turn the oven to broil and allow to cook for another 3 to 5 minutes until potatoes reach desired crispness.
- 8) Allow to cool for 5 minutes before serving.
- 9) Refrigerate leftovers within 2 hours.
- 10) Reheat leftovers in a single layer at 350° F until hot. Eat within 3 to 5 days.

*Be sure the sweet potato pieces are about the same size (so they cook evenly) and very thin (so they get crispy when cooking).

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (69g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 226mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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