

Recipe



Oven Baked Yam Fries

6 Servings

Ingredients

1.5 lb sweet potato, raw
4 tbsp olive oil
1 dash salt
1/2 tsp spices, paprika
1/4 tsp cinnamon, ground

Directions

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil.
2. Peel the sweet potatoes. Cut into strips that are about 1/2 inch wide on each side.
3. Place the sweet potatoes into a sealable plastic bag. Add oil, salt, paprika and cinnamon. Seal the bag and shake well to thoroughly coat the fries. Spread the potatoes out onto the baking sheet in a single layer.
4. Cook for 30 minutes, turning every 10 minutes. Transfer immediately to a paper towel lined plate and serve warm.

NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	179
FAT (g)	9.2
SATURATED FAT (g)	1.252
TRANS FAT (g)	0.004
CHOLESTEROL (mg)	0
SODIUM (mg)	88
CARBOHYDRATE (g)	22.97
FIBRE (g)	3.6
SUGARS (g)	4.75
PROTEIN (g)	1.81
VITAMIN A (µg)	807
VITAMIN C (mg)	2.8
CALCIUM (mg)	35
IRON (mg)	0.83