

Eat Smart • Move More

Oven Baked Sweet Potato Fries

Prep Time: 10 minutes

Total Time: 30 minutes



Ingredients

- 1 ½ tablespoons olive oil, divided
- 1 ½ pounds sweet potatoes, sliced into ¼-inch strips
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Nutrition Facts

6 servings per container	
Serving size	1 serving
	(117.32g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	4%
Potassium 383mg	8%

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

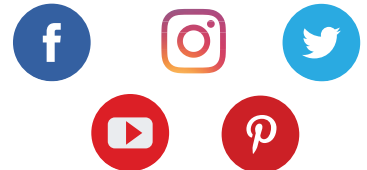
Quick Tips

- ▶ Add a sprinkle of chili powder to fries for extra flavor.
- ▶ The more evenly you slice the potatoes, the better they'll cook.
- ▶ 1 ½ pounds of sweet potatoes is about 3 medium sweet potatoes.

Directions

- Heat oven to 400°F.
- Brush baking sheet with half of oil. Place potatoes on baking sheet in a single layer.
- Season the potatoes with salt and pepper. Drizzle remaining oil on top of potatoes.
- Bake for 20 minutes, rotating the baking dish every 10 minutes, until crispy. Cook for additional time if sides are not browned. NOTE: For crispier fries, the potatoes can be placed under the broiler for about 3 minutes on each side.

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(Recipe from: <https://whatscooking.fns.usda.gov/>)

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