

Sweet Potato Fries

Ingredients:

1 - 2 sweet potatoes, peeled and cut in 1/4 inch sticks
2 tablespoons olive oil
1 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon garlic powder
Pepper to taste

Directions:

1. Preheat oven to 400° F and line baking sheet with parchment paper or foil.
2. Toss sweet potato sticks with olive oil and seasonings and place on baking sheet.
3. Bake for 20 - 25 minutes, turning every 5 minutes. Serve warm.

Nutrition Facts

Serving Size 1/2 cup (73g)
Servings Per Container 4

Amount Per Serving

Calories 130 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 230% • Vitamin C 15%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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