

# Oven Baked Sweet Potato Fries

## Ingredients:

- ¼ tsp. salt
- 2 tbsp. extra virgin olive oil
- 2 lbs. sweet potatoes
- 1 tbsp. paprika
- 1 tsp. ground black pepper
- 1 tbsp. sugar



## Nutrition Facts

Serving Size 1 cup (239g)  
Servings Per Container 4

Amount Per Serving

**Calories 250**    Calories from Fat 60

% Daily Value\*

**Total Fat 7g** **11%**

    Saturated Fat 1g **5%**

    Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 270mg** **11%**

**Total Carbohydrate 44g** **15%**

    Dietary Fiber 8g **32%**

    Sugars 15g

**Protein 4g**

Vitamin A 230%    •    Vitamin C 50%

Calcium 4%        •        Iron 10%

\*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



## Directions:

1. Pre heat the oven to 400 degrees. Cut sweet potatoes into slices.
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine potatoes, olive oil, paprika, salt, pepper and sugar. Toss to coat evenly.
4. Place potatoes on baking sheet and spread so they are not over crowded.
5. Bake until slightly browned, turning once.