



## November 1 - Sweet Potato Fries

Not Smart Snack

Link: [http://www.eatingwell.com/recipes/oven\\_sweet\\_potato\\_fries.html](http://www.eatingwell.com/recipes/oven_sweet_potato_fries.html)

### Recipe

*Ingredients:*

1 sweet potato

¼ teaspoon salt

2 teaspoons olive oil

*Directions:*

1. Preheat oven to 450°F.
2. Slice sweet potato into pieces similar to fries or wedges.
3. Toss fries with olive oil and salt. Place fries on baking sheet.
4. Bake until brown or tender, about 20 minutes.

Yields 2 servings

### Nutrition Facts

Serving Size 15 fries (70.25g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 100    **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g    **7%**

Saturated Fat 0.5g    **3%**

*Trans Fat*

**Cholesterol** 0mg    **0%**

**Sodium** 330mg    **14%**

**Total Carbohydrate** 13g    **4%**

Dietary Fiber 2g    **8%**

Sugars 3g

**Protein** 1g    **2%**

Vitamin A 180%    •    Vitamin C 2%

Calcium 0%    •    Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.