DietCloud – Recipe

Recipe Name: Oven Baked Sweet Potato Fries Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 4 Sweet Potatoes - peeled and cut into 3 inch wedges • 3 tablespoon Extra Virgin Olive Oil • 5 cloves Garlic - grated or finely minced • 1 teaspoon Paprika powder - (or red chilli powder) • 2 tablespoon Fresh Herbs - chopped (or dried) • 1-1/2 tablespoon Corn flour • Rock Salt - to taste	4

Preparation

• To begin making the Oven baked Sweet Potato fries, first preheat the oven to 230 C.

• In a small mixing bowl, mix together the oil, garlic, paprika, salt and herbsPlace the sweet potato sticks in a large bowl and drizzle the oil and spice mixture over it.
• Use your fingers and mix to coat all the sweet potato sticks evenly.

• Once done, remove from the oven and transfer to a serving platter.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)