



## Baked Sweet Potato Fries

4 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- 2 medium sweet potatoes
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika
- ¼ teaspoon freshly ground black pepper

### DIRECTIONS

1. Preheat oven to 425°F. Lightly coat baking pan with nonstick cooking spray; set aside.
2. Scrub potatoes and cut lengthwise into quarters. Cut each quarter lengthwise into four wedges and place into a large bowl.
3. Toss potatoes with olive oil, spices, and seasonings.
4. Place in an even layer on the prepared baking pan and bake for 20 minutes.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 15mg	<b>0%</b>

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

Recipe developed by the San Antonio Food Bank

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