

BAKED SWEET POTATO FRIES



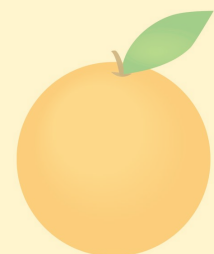
INGREDIENTS

- 5 large sweet potatoes
- cooking spray
- cinnamon powder



INSTRUCTIONS

1. Preheat oven to 400 degrees F
2. Cut sweet potatoes in length of fries to about 1/2" thickness.
3. Sprinkle the sheet with cinnamon and spread fries evenly on sheet.
4. Bake for 20 minutes, flip over the fries and bake for another 20 minutes.
5. Add cinnamon as desired.
6. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 6

Calories	95
Total fat	0.1g
Saturated fat	0g
Cholesterol	0mg
Sodium	60mg
Total carbohydrates	22.4g
Dietary fiber	3.7g
Sugar	4.5g
Protein	1.7g
Calcium	33.5%
Iron	2.3%
Potassium	370mg
Vitamin A	768%
Vitamin C	2.9%

