



# Sweet Potato Fries

Makes 1 serving (1 medium sweet potato)

### Ingredients:

Sweet potatoes – 1 medium sweet potato per person  
 Low-fat cooking spray

Directions: Remember to Wash Your Hands!

1. Cut sweet potatoes into strips like French Fries.
2. Spray with low-fat cooking spray and place on baking sheet.
3. Bake at 375 degrees F. for 30 minutes.

For a quicker option, purchase packaged sweet potato fries from the frozen food section of the grocery store. Follow package directions to prepare.

Compare these fries made at home to those ordered from a fast food restaurant. A medium-size order of fast food French Fries contains 380 calories, 20 grams of fat, 220 milligrams of sodium and 47 grams carbohydrate.

Nutrition Facts	
Serving Size 1 medium potato (130g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 2g</b>	
Vitamin A 440%	Vitamin C 30%
Calcium 2%	Iron 4%
*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 85g
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	

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