

Cheesy Sweet Potato Crisps

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-sweet-potato-recipe>

Ingredients:

- 1 pound sweet potatoes peeled
- 2 egg whites
- 1/2 cup romano cheese
- 1 teaspoon rosemary
- 1/4 teaspoon pepper
- 1 cup plain greek yogurt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon cumin

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 270 milligrams
9. Sugar: 5 grams

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