

# Easy And Healthy Baked Sweet Potato Fries!

Yield: 2 min  
Total Time: 60 min

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

## Ingredients:

- 1 sweet potato large
- olive oil cooking spray
- black pepper Salt and, to taste
- fresh rosemary Chopped, optional

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 23 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. Sodium: 55 milligrams
7. Sugar: 4 grams

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