

Roasted Japanese Sweet Potato Fries

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 Japanese sweet potato
- 1 tablespoon coconut oil melted
- salt
- pepper

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 210 milligrams
8. Sugar: 1 grams

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