

Maple-Balsamic Sweet Potato Fries

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 satsuma imo medium organic
- 1 sweet potato medium organic Hannah
- 1 purple sweet potato medium organic
- 1 garnet yam medium organic
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons maple syrup good-quality
- 1 tablespoon balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder granulated

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 630 milligrams
8. Sugar: 9 grams

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