

# Southern Sweet Potato Fries

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 4 sweet potatoes I was feeding a group of 8, so you can figure one potato to two people ratio.
- cornstarch 1/2 cup, approx, . \*Note: cornstarch can be an optional ingredient, I just use it to get a little extra crisp out of my fries.
- salt for seasoning
- taco seasoning optional
- 1/2 cup vegetable oil approx

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 28 grams
3. Fat: 27 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 270 milligrams
8. Sugar: 5 grams
9. TransFat: 1 grams

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