

Sweet Potato Steak Fries

Relish Magazine - May 2013

Servings: 2

2 medium sweet potatoes
2 tablespoons vegetable oil
2 teaspoons brown sugar
1 teaspoon coarse salt
1 teaspoon paprika
1 teaspoon dried thyme leaves
1 teaspoon garlic powder
1 teaspoon ground ginger
1/4 teaspoon chipotle or chili powder

Cut the sweet potatoes into halves lengthwise, and then into thick fries. Place in a large bowl. Drizzle oil over the top and toss to coat.

Mix the remaining ingredients in a small bowl and sprinkle over the potatoes. Toss to coat.

Lay the fries on the grill so they'll get horizontal grill marks and close the lid.

Cook about 3 minutes until the potatoes have brown grill marks on one side.

Flip and cook until all sides are marked.

The potatoes are done when easily pierced with a fork. You may need to move the fries to a cooler part of the grill to cook completely.

Per Serving (excluding unknown items): 279 Calories; 14g Fat (44.8% calories from fat); 3g Protein; 37g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 959mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 3 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	279	Vitamin B6 (mg):	.4mg
% Calories from Fat:	44.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	51.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	20mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	37g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	959mg
Potassium (mg):	330mg
Calcium (mg):	42mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	31mg
Vitamin A (i.u.):	26780IU
Vitamin A (r.e.):	2677 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories	279	Calories from Fat: 125
-----------------	-----	------------------------

% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	959mg	40%
Total Carbohydrates	37g	12%
Dietary Fiber	4g	17%
Protein	3g	
Vitamin A		536%
Vitamin C		51%
Calcium		4%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.