

# SWEET POTATO FRIES

**Recipe makes**

2 servings

**Prep time**

10 minutes

**Cook time**

35-45 minutes



**NUTRITION INFO  
PER SERVING**

(1/2 recipe)

**Calories** 196

**Protein** 1 g

**Phenylalanine** 53 mg

**INGREDIENTS**

1 medium-sized (119 g)  
sweet potato

2 Tbsp. olive oil

1 packed Tbsp. (14 g)  
brown sugar

**DIRECTIONS**

- 1 Pre-heat oven to 400° F.
- 2 Cut sweet potato into ¼-inch-thick matchsticks.
- 3 In a large bowl mix olive oil and brown sugar together.
- 4 Add potatoes to mixture and coat.
- 5 Place potatoes in a single layer on a greased baking sheet.
- 6 Cook in preheated oven for 35–45 minutes, until golden and crispy.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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