

Flamin' Hot Sweet Potato Sticks

Vegetables, Kid-Friendly

Here's a healthy twist on Flamin' Hots that kids and adults alike are sure to love!

Makes 4 servings

Price Per Serving: \$0.37

Prep Time: 10 minutes | Cook Time: 25 minutes

2 large sweet potatoes

2 tbsp olive oil

1 tsp hot sauce

1 tsp onion powder

1 tsp Garlic powder

1 tsp chili powder

1/2 tsp salt

1/2 tsp red pepper flake (or cayenne pepper)



Preheat oven to 425. Cut sweet potato into thin, 2-inch long strips. Place into a large bowl and coat with olive oil and hot sauce. Combine onion powder, garlic powder, chili powder, red pepper flake, and salt in a small bowl. Sprinkle spice mixture over sweet potatoes and stir to coat evenly. Place sweet potatoes on a baking sheet and bake for about 25 minutes, stirring every 10 minutes so that they don't stick.

Nutrition Facts

Serving Size 25 g

Amount Per Serving

Calories 80 Calories from Fat 61

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 333mg 14%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 3%

Sugars 1g

Protein 1g

Vitamin A 63% • Vitamin C 8%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com