



Parmesan Roasted Crinkle Cut Sweet Potatoes

Servings

3

Calories

210

Prep Time

5 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 (10 ounce) bag Sweet Potato Crinkle-Cut Fries
- 2 tablespoons olive oil
- ½ cup grated Parmesan cheese
- ¼ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 spray of Pam non-stick cooking spray for cookie sheet



The Method

Preheat oven to 425°F.

In a large bowl, toss Mann's Sweet Potato Crinkle Cut with 2 tablespoons of olive oil. Season generously with salt, pepper, and Parmesan cheese. Toss to coat.

Distribute seasoned Sweet Potatoes onto oiled cookie sheet in a single layer.

Roast for 12 minutes in preheated oven. Remove tray and flip Sweet Potatoes once. Roast for another 12 minutes.

Remove and allow to cool before serving.

Nutrition Facts

Serving Size: 118g | Servings: 3

Amount Per Serving

Calories 210 Calories from Fat 110 | Total Fat 13g (sat fat 2.5g trans 0g) | Cholesterol 10mg | Sodium 490mg | Total Carbohydrate 21g | Dietary Fiber 3g | Sugars 4g | Protein 5g | Vitamin A 270% | Vitamin C 8% | Calcium 15% | Iron 2%