

Yam Fries

submitted by alexivory



Per serving: 239 Calories • 42.5g Carbs (6.4g Fiber) • 7g Fat • 2.4g Protein

Ingredients

Ingredients scaled to: 2 cup

2 cup, cubes **Yam** (300 grams)

1 tsp **Salt** (6 grams)

1 tsp **Pepper** (2.1 grams)

1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 2 cup

1. Preheat Oven to 450 Degrees
2. Cut Yams into wedges or fry-shapes. No need to wash or peel as this makes them more crispy
3. Put yams along with oil, salt, and pepper into bag and seal
4. Shake bag until yams are covered
5. Line baking sheet with yams (make sure they are evenly spaced and none are touching)
6. Bake for 15 minutes and then pull and flip yams and bake for another 10 minutes
7. Let cool for 5 minutes and then enjoy.