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# Baked sweet potato wedges

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Ready in **45 min**

Picture by: cc

Packed with vitamins and dietary fibre, these are a healthy and tasty alternative to regular chips. Best eaten at room temperature.

## Ingredients

Serves: 4

1 tablespoon olive oil

1/2 teaspoon paprika

6 to 8 sweet potatoes, sliced lengthwise into quarters

## Preparation method

Prep: 5 min | Cook: 40 min

1. Preheat oven to 200 C / Gas mark 6. Lightly grease a baking tray, or line with baking parchment.
2. In a large bowl, mix olive oil and paprika. Add sweet potato, and toss to coat. Place on the prepared baking tray.
3. Bake 40 minutes in preheated oven. Best eaten at room temperature.

## Nutrition

Calories 303.7 kcal

Total Fat 4.2 g

Saturated Fat 0.6 g

Sodium 33.9 mg

Protein 4.3 g

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