

Sweet Potato Balls

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	666kj	8%
Energy (kcal)	157kcal	8%
Fat	0.5g	1%
<i>of which saturates</i>	0g	0%
Carbohydrate	35g	13%
<i>of which sugars</i>	15g	17%
Fibre	1.9g	8%
Protein	2g	4%
Salt	0.26g	4%

Generated by Nutritics v5.61 on 20/08/2022

INGREDIENTS: (Serves 10 - 96 kcal per 61g serving)

450g Sweet potato, 1-inch cubes, steamed
60g Glutinous rice flour
100g Rice flour
1 Teaspoon Baking powder (**GLUTEN**)
Vegetable oil for frying

OPTIONAL EXTRAS:

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METHOD:

1. Mash the steamed sweet potato in a bowl and add glutinous rice flour, white rice flour, and baking powder.
2. Mix with a spatula until a soft dough forms.
3. Pinch a little dough from the bowl and roll between palms to form a 1-inch diameter ball. Repeat until all dough is used up.
4. Fill a medium sized saucepan with 1 inch vegetable oil over medium low heat. Gently drop a few sweet potato balls into the hot oil. Fry for 3 to 4 minutes until golden brown. Sweet potato balls should float when cooked. Remove with tongs and drain on a metal strainer. Repeat until all sweet potato balls are cooked.
5. Serve immediately and enjoy.

ALLERGENS



GLUTEN

MODIFY

Flavour with spices of your choosing such as paprika, chilli, cumin, coriander

CREDIT

Recipe by: Roti & Rice
Photo by: Roti & Rice

