



## Air-Fryer Jicama Fries



Entire recipe: 68 calories, <0.5g total fat (0g sat. fat), 298mg sodium, 16g carbs, 9g fiber, 3g sugars, 1g protein

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**Prep:** 5 minutes    **Cook:** 30 minutes



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### Ingredients

1 1/2 cups peeled jicama spears (about 7 oz.)  
1/8 tsp. salt, or more to taste  
Optional dip: ketchup

### Directions

Sprinkle jicama spears with salt, and place in the air fryer in a single layer. Lightly spray with nonstick spray.

Set air fryer to 365 degrees. Cook until golden brown and crispy, 25 - 30 minutes, shaking the basket halfway through.

**MAKES 1 SERVING**

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