



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

Blue Plan (Freestyle™) SmartPoints® value 0*

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

Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.