

Baked Basil Fries



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 lb baking potatoes fresh (2 large)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon basil dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon garlic powder

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Cut potatoes into 1/4-inch-thick strips. In medium bowl, mix remaining ingredients. Toss potatoes with mixture.
- ☐ Spray large cookie sheet with cooking spray.
- ☐ Place potatoes on cookie sheet in single layer.
- ☐ Bake 15 minutes; turn potatoes, and bake 15 to 20 minutes longer or until tender.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:21.49, Inflammation Score:-3, Nutrition Score:8.1273912845746%

Nutrients (% of daily need)

Calories: 159.58kcal (7.98%), Fat: 3.65g (5.61%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 26.02g (9.46%), Sugar: 0.95g (1.06%), Cholesterol: 3.63mg (1.21%), Sodium: 274.89mg (11.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.29%), Vitamin B6: 0.54mg (26.8%), Potassium: 657.25mg (18.78%), Manganese: 0.31mg (15.4%), Vitamin K: 15.63µg (14.88%), Phosphorus: 111.92mg (11.19%), Iron: 1.94mg (10.77%), Vitamin C: 8.63mg (10.45%), Magnesium: 41.08mg (10.27%), Fiber: 2.23g (8.91%), Copper: 0.17mg (8.61%), Vitamin B1: 0.13mg (8.41%), Vitamin B3: 1.6mg (8.01%), Calcium: 71.66mg (7.17%), Folate: 23.54µg (5.89%), Vitamin B5: 0.48mg (4.75%), Zinc: 0.67mg (4.47%), Vitamin B2: 0.07mg (4.26%), Selenium: 2.11µg (3.02%), Vitamin E: 0.44mg (2.96%)