



HEALTH SCORE

60%

Baked French Fries I



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



1

CALORIES



429 kcal

SIDE DISH

Ingredients



1 large baking potato



0.5 teaspoon chili powder



0.5 teaspoon garlic powder



1 tablespoon olive oil



0.5 teaspoon onion powder



0.5 teaspoon paprika

Equipment



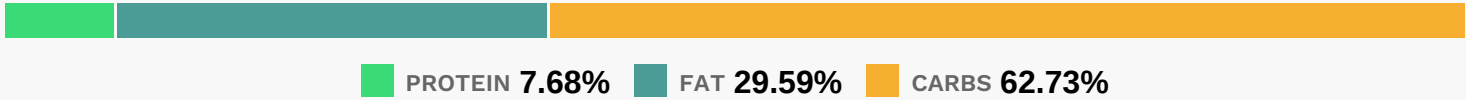
baking sheet

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Cut potato into wedges.
- ☐ Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet.
- ☐ Bake for 45 minutes in preheated oven.

Nutrition Facts



Properties

Glycemic Index:104.75, Glycemic Load:52.52, Inflammation Score:-7, Nutrition Score:18.393043600995%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 429.29kcal (21.46%), Fat: 14.59g (22.44%), Saturated Fat: 2.08g (13%), Carbohydrates: 69.6g (23.2%), Net Carbohydrates: 63.82g (23.21%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 37.44mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Vitamin B6: 1.35mg (67.37%), Potassium: 1608.92mg (45.97%), Manganese: 0.64mg (32%), Vitamin C: 21.3mg (25.82%), Fiber: 5.78g (23.12%), Magnesium: 90.43mg (22.61%), Phosphorus: 218.52mg (21.85%), Vitamin B1: 0.32mg (21.3%), Iron: 3.76mg (20.89%), Copper: 0.41mg (20.55%), Vitamin B3: 4.05mg (20.25%), Vitamin E: 2.74mg (18.25%), Vitamin K: 16.98µg (16.17%), Vitamin A: 792.73IU (15.85%), Folate: 53.78µg (13.44%), Vitamin B5: 1.16mg (11.63%), Vitamin B2: 0.15mg (8.61%), Zinc: 1.24mg (8.28%), Calcium: 58.72mg (5.87%), Selenium: 2.24µg (3.21%)