



Baked French Fries II

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- 1 teaspoon basil dried
- 0.3 cup parmesan cheese grated
- 3 russet potatoes sliced into 1/4 inch strips
- 4 servings salt and pepper to taste

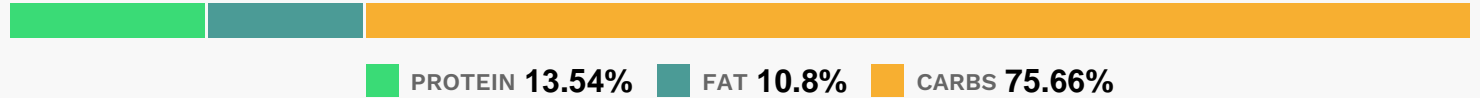
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.
- Arrange potato strips in a single layer on the prepared baking sheet, skin sides down. Spray lightly with cooking spray, and sprinkle with basil, Parmesan cheese, salt and pepper.
- Bake 25 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:22.7, Inflammation Score:-3, Nutrition Score:7.9160869827737%

Nutrients (% of daily need)

Calories: 153.1kcal (7.65%), Fat: 1.89g (2.9%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 27.59g (10.03%), Sugar: 1g (1.11%), Cholesterol: 5.44mg (1.81%), Sodium: 311.34mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Vitamin B6: 0.56mg (27.98%), Potassium: 684.27mg (19.55%), Manganese: 0.28mg (14.06%), Phosphorus: 128.17mg (12.82%), Vitamin C: 9.11mg (11.04%), Magnesium: 40.71mg (10.18%), Iron: 1.63mg (9.05%), Vitamin B1: 0.13mg (8.86%), Fiber: 2.17g (8.68%), Copper: 0.17mg (8.62%), Vitamin B3: 1.67mg (8.35%), Calcium: 81.74mg (8.17%), Vitamin K: 7.27µg (6.92%), Folate: 23.51µg (5.88%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.75mg (5.01%), Vitamin B2: 0.08mg (4.55%), Selenium: 2.83µg (4.05%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 57.52IU (1.15%)