



Baked Garlic Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



143 kcal

SIDE DISH

Ingredients

- 1 teaspoon garlic powder
- 0.3 teaspoon pepper
- 2 large russet potatoes scrubbed cut into 24 wedges
- 1 teaspoon salt
- 0.3 teaspoon paprika smoked
- 1 tablespoon vegetable oil

Equipment

- bowl

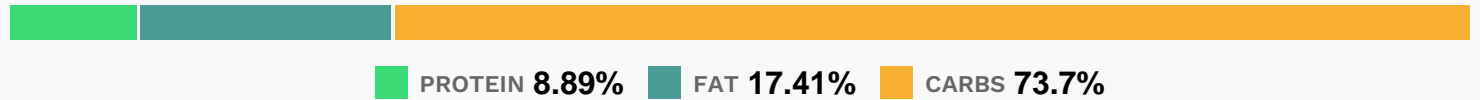
baking sheet

oven

Directions

- Preheat oven to 400F. Mist a baking sheet with cooking spray. In a large bowl, combine oil, salt, garlic powder, paprika and pepper.
- Add potatoes and toss to coat.
- Spread in single layer on prepared baking sheet.
- Bake 15 minutes. Turn over potatoes; bake until tender and browned, about 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:21.01, Inflammation Score:-2, Nutrition Score:6.6386956391127%

Nutrients (% of daily need)

Calories: 143.17kcal (7.16%), Fat: 2.86g (4.4%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 25.19g (9.16%), Sugar: 0.94g (1.05%), Cholesterol: 0mg (0%), Sodium: 472.92mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin B6: 0.52mg (26.08%), Potassium: 626.35mg (17.9%), Manganese: 0.25mg (12.66%), Vitamin C: 8.42mg (10.21%), Magnesium: 34.77mg (8.69%), Phosphorus: 84.14mg (8.41%), Vitamin B1: 0.12mg (8.27%), Fiber: 2.03g (8.13%), Copper: 0.16mg (7.88%), Vitamin B3: 1.54mg (7.72%), Vitamin K: 7.91µg (7.53%), Iron: 1.34mg (7.44%), Folate: 21.01µg (5.25%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.05mg (3%), Calcium: 20.62mg (2.06%), Vitamin E: 0.27mg (1.81%), Selenium: 0.75µg (1.07%), Vitamin A: 51.28IU (1.03%)