



Baked Meyer Lemon Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons garlic minced
- ☐ 6 idaho potatoes
- ☐ 3 lemon zest
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons freshly parsley leaves italian chopped
- ☐ 1 tablespoon salt

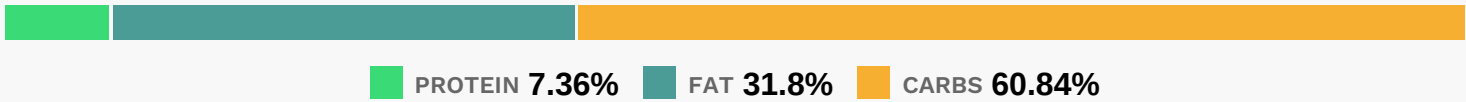
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Peel potatoes and cut into 3/8-inch thick slices (lengthwise) cut again into 3/8-inch thick fries.
- ☐ Place the potatoes into a bowl with cold water; this will help keep the fries crisp and white. Just before cooking, drain water and place on paper towel, pat dry completely.
- ☐ Put in a bowl; add olive oil, 1 tablespoon salt, 1/2 teaspoon black pepper. Toss well and lay out in 1 layer on nonstick baking sheets.
- ☐ Bake until light brown. Cook for approximately 30 to 40 minutes, turning frequently until golden brown.
- ☐ Remove from oven.
- ☐ Add lemon zest, parsley, garlic, salt and pepper. Toss well and serve.

Nutrition Facts



Properties

Glycemic Index:25.53, Glycemic Load:22.92, Inflammation Score:-3, Nutrition Score:8.344347782757%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 189.63kcal (9.48%), Fat: 6.9g (10.62%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 27.51g (10%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 881.11mg (38.31%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin B6: 0.58mg (28.88%), Vitamin K: 23.58µg (22.45%), Potassium: 682.14mg (19.49%), Manganese: 0.3mg (15.21%), Vitamin C: 11.26mg (13.65%), Magnesium: 38.01mg (9.5%), Phosphorus: 91.76mg (9.18%), Vitamin B1: 0.14mg (9.08%), Fiber: 2.19g (8.78%), Copper: 0.17mg (8.72%), Iron: 1.53mg (8.5%), Vitamin B3: 1.68mg (8.41%), Vitamin E: 1mg (6.66%), Folate: 24.01µg (6%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.06mg (3.31%), Calcium: 27.03mg (2.7%), Vitamin A: 86.78IU (1.74%), Selenium: 0.93µg (1.33%)