



Baked Pommes Frites



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon thyme leaves fresh minced
- ☐ 1.5 tablespoons olive oil
- ☐ 2 pounds potatoes cut into 8 wedges
- ☐ 0.5 teaspoon salt

Equipment

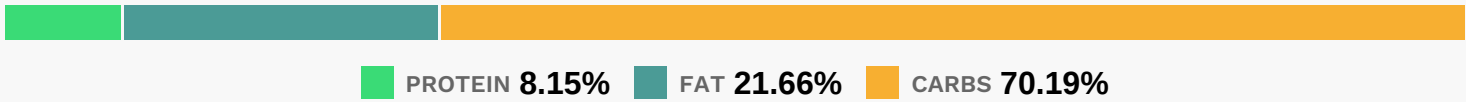
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Combine potatoes and olive oil in a large bowl; toss well to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 35 minutes or until golden brown, turning 2 times.
- ☐ Combine thyme, salt, and pepper in a small bowl.
- ☐ Sprinkle potatoes evenly with thyme mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:19.37, Inflammation Score:-5, Nutrition Score:7.8543478405994%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 148.03kcal (7.4%), Fat: 3.65g (5.61%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 23.18g (8.43%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 202.99mg (8.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin C: 30.19mg (36.59%), Vitamin B6: 0.45mg (22.37%), Potassium: 640.35mg (18.3%), Fiber: 3.4g (13.61%), Manganese: 0.26mg (12.87%), Magnesium: 35.47mg (8.87%), Phosphorus: 86.71mg (8.67%), Copper: 0.17mg (8.35%), Vitamin B1: 0.12mg (8.08%), Vitamin B3: 1.6mg (8%), Iron: 1.26mg (7%), Folate: 24.33µg (6.08%), Vitamin K: 5.25µg (5%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.52mg (3.47%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.93%), Calcium: 20.05mg (2%)