

Baked skinny fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 tsp cornmeal fine
- ☐ 0.5 tsp paprika
- ☐ 0.3 tsp garlic powder
- ☐ 2 large potatoes cut into 1cm-thick chips

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pour the oil onto a baking tray and put in the oven for 3 mins.
- ☐ Mix the cornmeal or polenta, paprika and garlic powder together and season. Toss the chips in the mix, then tip onto the tray. Shake well, then cook for 40 mins, shaking halfway through, until crisp and golden.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:24.04, Inflammation Score:-4, Nutrition Score:9.8426088042881%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 177.41kcal (8.87%), Fat: 3.66g (5.64%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 28.99g (10.54%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 11.42mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 36.35mg (44.06%), Vitamin B6: 0.56mg (27.98%), Potassium: 788.83mg (22.54%), Fiber: 4.27g (17.08%), Manganese: 0.3mg (14.76%), Magnesium: 44.17mg (11.04%), Phosphorus: 109.12mg (10.91%), Copper: 0.2mg (10.24%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 2mg (10%), Vitamin K: 9.99µg (9.52%), Iron: 1.54mg (8.56%), Folate: 30.09µg (7.52%), Vitamin B5: 0.56mg (5.61%), Zinc: 0.58mg (3.9%), Vitamin B2: 0.06mg (3.75%), Vitamin A: 145.3IU (2.91%), Vitamin E: 0.39mg (2.57%), Calcium: 23.01mg (2.3%)