



Barbecue Oven Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



198 kcal

SIDE DISH

Ingredients

- 10 servings spicy mustard-barbecue sauce
- 1 tablespoon barbecue seasoning
- 26 oz extra-crispy fried potatoes frozen french
- 10 servings kosher salt to taste

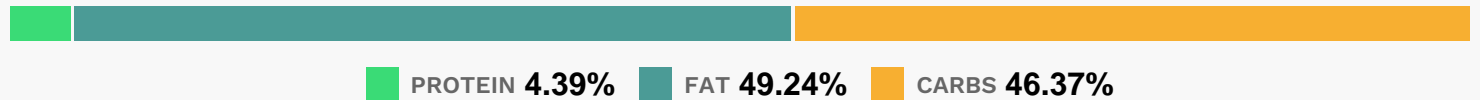
Equipment

- frying pan
- oven

Directions

- Preheat oven to 42
- Arrange potatoes in a single layer on 2 lightly greased 15- x 10-inch jelly-roll pans.
- Bake 15 minutes, placing 1 pan on middle oven rack and other on lower oven rack. Switch pans, and bake 12 to 15 more minutes or until lightly browned.
- Sprinkle baked fries with barbecue seasoning and desired amount of salt, tossing lightly.
- Serve with Spicy Mustard-Barbecue Sauce.
- Note: We tested with Ore-Ida Extra Crispy Fast Food Fries.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:12.16, Inflammation Score:-1, Nutrition Score:4.8021739488063%

Nutrients (% of daily need)

Calories: 197.9kcal (9.9%), Fat: 11.14g (17.13%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 20.11g (7.31%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 565.66mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Fiber: 3.49g (13.97%), Manganese: 0.27mg (13.52%), Vitamin K: 11.93µg (11.36%), Potassium: 329.42mg (9.41%), Vitamin B3: 1.7mg (8.51%), Iron: 1.5mg (8.35%), Vitamin B6: 0.15mg (7.65%), Phosphorus: 59.48mg (5.95%), Vitamin C: 4.83mg (5.85%), Folate: 18.28µg (4.57%), Magnesium: 16.71mg (4.18%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.91%), Calcium: 21.81mg (2.18%), Zinc: 0.29mg (1.95%), Copper: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.54%)