



Buffalo Oven Fries



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into 1/2-inch-thick strips
- ☐ 0.5 teaspoon celery salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon hot sauce
- ☐ 2 teaspoons mesquite seasoning
- ☐ 1 tablespoon vegetable oil

Equipment

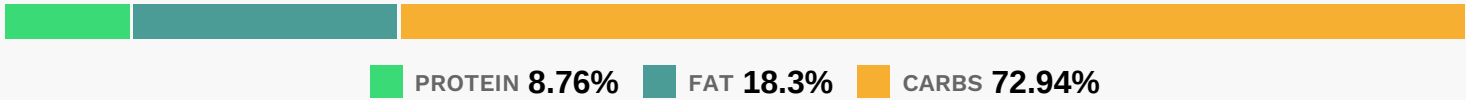
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Rinse potatoes in cold water.
- ☐ Drain and pat dry. Toss together potatoes, oil, mesquite seasoning, celery salt, and garlic powder in a large bowl.
- ☐ Place a lightly greased wire rack in a jelly-roll pan. Arrange potatoes in a single layer on wire rack.
- ☐ Bake at 450 for 40 to 45 minutes or until browned.
- ☐ Serve immediately with Blue Cheese Dip and bottled hot wing sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:24.22, Inflammation Score:-3, Nutrition Score:9.5308695202288%

Nutrients (% of daily need)

Calories: 172.31kcal (8.62%), Fat: 3.65g (5.61%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 29.43g (10.7%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 326.46mg (14.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin B6: 0.62mg (31.02%), Vitamin K: 24.66µg (23.49%), Potassium: 746.33mg (21.32%), Manganese: 0.39mg (19.75%), Iron: 2.4mg (13.33%), Fiber: 3.3g (13.18%), Vitamin C: 10.5mg (12.73%), Magnesium: 46.12mg (11.53%), Phosphorus: 98.86mg (9.89%), Vitamin B1: 0.15mg (9.72%), Copper: 0.19mg (9.67%), Vitamin B3: 1.88mg (9.4%), Folate: 29.89µg (7.47%), Calcium: 62.03mg (6.2%), Vitamin B5: 0.54mg (5.39%), Vitamin E: 0.75mg (4.99%), Vitamin B2: 0.07mg (4.15%), Zinc: 0.57mg (3.82%), Selenium: 0.88µg (1.26%)