

Cajun Oven Fries

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- 4 servings coarse salt and pepper black
- 1 teaspoon ground cumin ()
- 3 tablespoons olive oil extra-virgin
- 2 tablespoons cayenne pepper sauce
- 1 teaspoon poultry seasoning ()
- 4 medium thin-skinned potatoes white
- 1 teaspoon paprika sweet ()

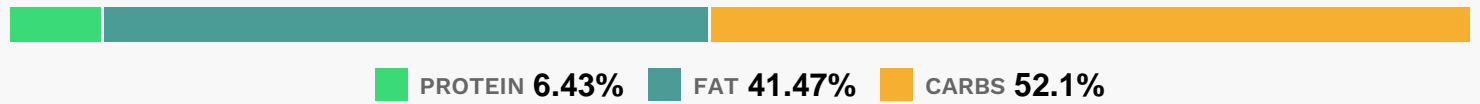
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F.
- Cut potatoes into wedges. In a large bowl, combine oil, hot sauce, thyme, paprika, and cumin. Toss potatoes in dressing and spread out in a single layer on a nonstick cookie sheet. Season wedges with salt and pepper and roast for 20 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:22, Inflammation Score:-8, Nutrition Score:12.262608668079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 236.49kcal (11.82%), Fat: 11.3g (17.38%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 27.23g (9.9%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 206.26mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin C: 35.5mg (43.03%), Vitamin B6: 0.58mg (29.11%), Vitamin A: 1309.43IU (26.19%), Potassium: 789.96mg (22.57%), Fiber: 4.7g (18.81%), Manganese: 0.37mg (18.48%), Vitamin E: 2.44mg (16.29%), Vitamin K: 16.01µg (15.25%), Iron: 2.2mg (12.2%), Magnesium: 46.74mg (11.69%), Phosphorus: 109.14mg (10.91%), Vitamin B3: 2.1mg (10.49%), Copper: 0.21mg (10.26%), Vitamin B1: 0.15mg (10.02%), Folate: 30.83µg (7.71%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.09mg (5.07%), Zinc: 0.62mg (4.11%), Calcium: 35.1mg (3.51%), Selenium: 0.82µg (1.18%)