

Cheese Fries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes unpeeled cut into thin strips (3 potatoes)
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

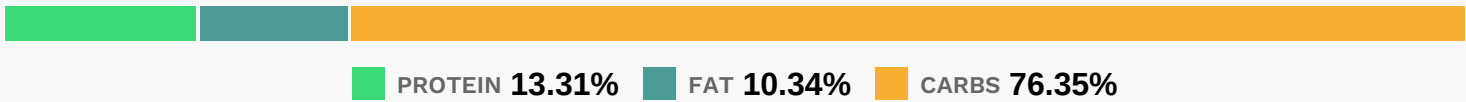
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 45
- ☐ Coat potato strips with cooking spray, and place in a large heavy-duty zip-top plastic bag.
- ☐ Combine cheese and remaining 3 ingredients; sprinkle over potato strips in bag. Seal bag and turn to coat potatoes well.
- ☐ Arrange potato strips in a single layer on a large baking sheet pan coated with cooking spray.
- ☐ Bake at 450 for 15 minutes, turning once.
- ☐ Serve immediately.
- ☐ Note: Most of us know it's not what's in a potato but what's on it that gets us into trouble. The innocent spud, which has 220 calories and only 2 grams of fat, often takes the rap for its toppings. Just 1 tablespoon of butter or margarine provides 102 calories and 5 grams of fat. One tablespoon of reduced-fat margarine provides half the amount of calories and fat, and low-fat sour cream has only 21 calories and 9 grams of fat for the same amount. To really keep the fat and calories low, try topping that potato with reduced-sodium salsa (it's fat free), fat-free yogurt, or fat-free sour cream.

Nutrition Facts



Properties

Glycemic Index:21.96, Glycemic Load:16.13, Inflammation Score:-2, Nutrition Score:5.411304331992%

Nutrients (% of daily need)

Calories: 107.57kcal (5.38%), Fat: 1.27g (1.96%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 19.58g (7.12%), Sugar: 0.72g (0.79%), Cholesterol: 3.63mg (1.21%), Sodium: 175.55mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin B6: 0.4mg (19.83%), Potassium: 483.56mg (13.82%), Manganese: 0.19mg (9.69%), Phosphorus: 89.18mg (8.92%), Vitamin C: 6.46mg (7.84%), Magnesium: 27.83mg (6.96%), Vitamin B1: 0.09mg (6.3%), Fiber: 1.52g (6.1%), Copper: 0.12mg (6.01%), Vitamin B3: 1.19mg (5.93%), Iron: 1.02mg (5.67%), Calcium: 52.2mg (5.22%), Folate: 16.18µg (4.05%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.05mg (3.12%), Selenium: 1.92µg (2.75%), Vitamin K: 2.32µg (2.21%), Vitamin A: 78.68IU (1.57%)