

Chip Truck Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 6 baking potatoes cut into 1/4 inch slices
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 0.3 cup vegetable oil

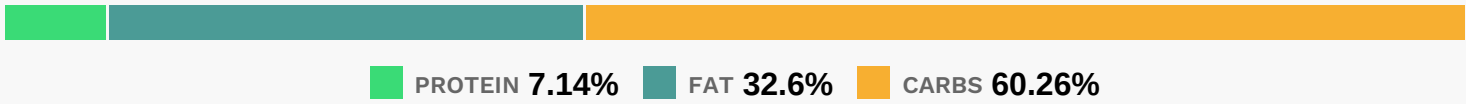
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Coat potato slices with vegetable oil.
- ☐ Sprinkle with seasoned salt.
- ☐ Bake in preheated oven for 45 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:45.41, Inflammation Score:-4, Nutrition Score:14.573043436946%

Nutrients (% of daily need)

Calories: 372.85kcal (18.64%), Fat: 13.88g (21.35%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 53.58g (19.48%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 1178.71mg (51.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Vitamin B6: 1.1mg (55.11%), Potassium: 1332.55mg (38.07%), Vitamin K: 30.81µg (29.34%), Manganese: 0.5mg (25.23%), Vitamin C: 18.21mg (22.07%), Magnesium: 73.51mg (18.38%), Phosphorus: 175.73mg (17.57%), Vitamin B1: 0.26mg (17.47%), Fiber: 4.15g (16.61%), Vitamin B3: 3.31mg (16.53%), Copper: 0.33mg (16.5%), Iron: 2.76mg (15.34%), Folate: 44.73µg (11.18%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.15mg (7.64%), Vitamin B2: 0.11mg (6.2%), Zinc: 0.93mg (6.2%), Calcium: 42.26mg (4.23%), Selenium: 1.28µg (1.83%)