



Crispy Seasoned Oven Fries



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 2 large baking potatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons breadcrumbs plain
- ☐ 0.5 teaspoon chili powder
- ☐ 2 egg whites
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon sea salt

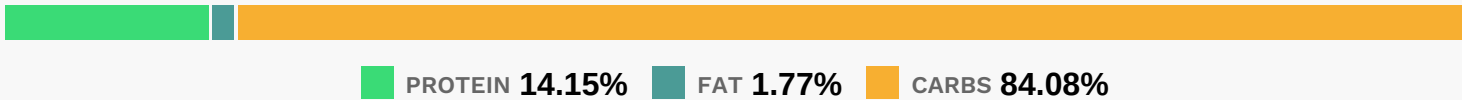
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Slice potatoes in half lengthwise; cut each half into 1/4- to 1/2-inch-thick fries; pat dry with a paper towel. In a bowl, combine breadcrumbs with spices. In another bowl, whisk egg whites until foamy, about 1 minute; add fries to coat. Toss fries in spice mixture until evenly coated. Coat a baking sheet with cooking spray; arrange fries on sheet with space in between; spritz fries with cooking spray.
- ☐ Bake, turning once, until fries are golden and crispy, about 20 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:26.25, Inflammation Score:-5, Nutrition Score:8.9560869089935%

Nutrients (% of daily need)

Calories: 164.38kcal (8.22%), Fat: 0.33g (0.51%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 32.79g (11.92%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 198.52mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin B6: 0.65mg (32.71%), Potassium: 811.92mg (23.2%), Manganese: 0.35mg (17.32%), Vitamin C: 10.53mg (12.76%), Magnesium: 46.5mg (11.62%), Vitamin B1: 0.17mg (11.6%), Phosphorus: 109.89mg (10.99%), Fiber: 2.75g (10.99%), Vitamin B3: 2.1mg (10.52%), Iron: 1.87mg (10.36%), Copper: 0.21mg (10.32%), Vitamin B2: 0.14mg (8.19%), Folate: 29.43µg (7.36%), Selenium: 4.4µg (6.29%), Vitamin B5: 0.6mg (6.04%), Vitamin K: 5.48µg (5.22%), Zinc: 0.6mg (3.99%), Calcium: 34.45mg (3.45%), Vitamin A: 80.91IU (1.62%), Vitamin E: 0.16mg (1.1%)