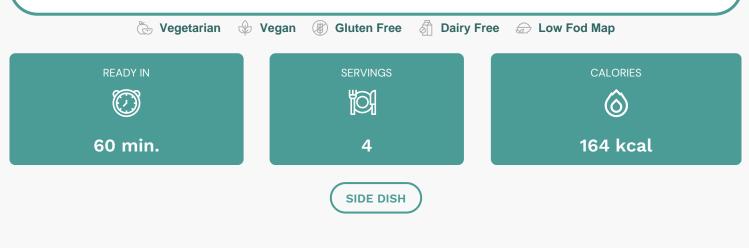


# **From-Scratch Oven Fries**



# Ingredients

	1.5 pounds baking potatoes	peeled cut into 1/2-inch-thick strips
	0.5 teaspoon salt	
	1 tablespoon vegetable oil	

## **Equipment**

bowl
frying pan
oven
wire rack

Di	rections
	Preheat oven to 45
	Rinse potatoes in cold water.
	Drain and pat dry. Toss together potatoes, oil, and salt 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 ketchup, if desired.
	Try These Twists! Three more ways to enjoy our From-Scratch Oven Fries.
	Buffalo Oven Fries: Omit salt. Toss 2 tsp. mesquite seasoning, 1 tsp. hot sauce, 1/2 tsp. celery salt, and 1/2 tsp. garlic powder with potatoes and vegetable oil; bake as directed.
	Serve with Blue Cheese Dip and bottled hot wing sauce, if desired.
	Per serving (including 2 tbsp. blue cheese dip; not including wing sauce): Calories 211; Fat 8g (sat 8g, mono 3g, poly 4g); Protein 2g; Carb 4g; Fiber 1g; Chol 5mg; Iron 5mg; Sodium 537mg; Calc 44mg
	Italian-Parmesan Oven Fries: Toss 2 tsp. freshly ground Italian seasoning with potato mixture, and bake as directed.
	Sprinkle warm fries with 2 Tbsp. grated Parmesan cheese.
	Serve with warm Easy Marinara Sauce, if desired.
	Note: We tested with McCormick Italian Herb Seasoning Grinder.
	Per serving (including 1/4 cup marinara sauce): Calories 258; Fat 7g (sat 2g, mono 8g, poly 3g); Protein 4g; Carb 6g; Fiber 3g; Chol 3mg; Iron 3mg; Sodium 489mg; Calc 95mg
	Spicy Cheese Oven Fries: Toss a pinch of ground red pepper with potato mixture, and bake as directed.
	Sprinkle with 1/3 cup (1 1/2 oz.) shredded reduced-fat pepper Jack cheese.
	Bake 1 more minute or until cheese is melted.
	Serve with ketchup, if desired.
	Per serving (not including ketchup): Calories 184; Fat 9g (sat 9g, mono 8g, poly 3g); Protein 3g; Carb 9g; Fiber 2g; Chol 8mg; Iron 5mg; Sodium 230mg; Calc 83mg

### **Nutrition Facts**

PROTEIN 8.6% 📕 FAT 18.79% 📒 CARBS 72.61%

### **Properties**

Glycemic Index:21.19, Glycemic Load:24.18, Inflammation Score:-2, Nutrition Score:7.3686957164141%

#### **Nutrients** (% of daily need)

Calories: 164.43kcal (8.22%), Fat: 3.54g (5.44%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 28.53g (10.37%), Sugar: 1.05g (1.17%), Cholesterol: Omg (0%), Sodium: 299.19mg (13.01%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.64g (7.28%), Vitamin B6: 0.59mg (29.34%), Potassium: 709.37mg (20.27%), Manganese: 0.27mg (13.39%), Vitamin C: 9.7mg (11.75%), Magnesium: 39.13mg (9.78%), Phosphorus: 93.55mg (9.36%), Vitamin B1: 0.14mg (9.3%), Vitamin K: 9.31µg (8.87%), Fiber: 2.21g (8.85%), Vitamin B3: 1.76mg (8.8%), Copper: 0.18mg (8.77%), Iron: 1.47mg (8.14%), Folate: 23.81µg (5.95%), Vitamin B5: 0.51mg (5.12%), Vitamin B2: 0.06mg (3.3%), Zinc: 0.49mg (3.29%), Calcium: 22.29mg (2.23%), Vitamin E: 0.3mg (1.97%)