



WHATSheATE



From-Scratch Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

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

Directions

- ☐ Preheat oven to 450.
- ☐ 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



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: 0mg (0%), Sodium: 299.19mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (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%)