



Garlic and Cumin-Seasoned Fries with Chipotle Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground chipotle chile powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup catsup
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 2 pounds yukon gold potatoes peeled cut into 1/4-inch strips

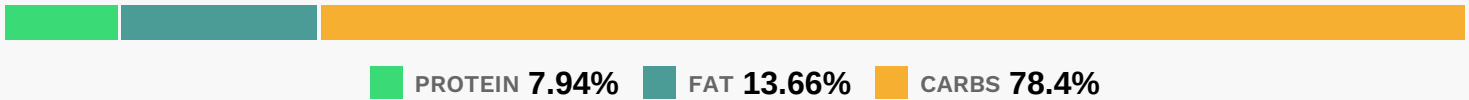
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Combine cumin, salt, and garlic powder in a large bowl.
- ☐ Preheat oven to 45
- ☐ Place baking sheet in oven.
- ☐ Toss potatoes with oil. Arrange potatoes in a single layer on preheated baking sheet coated with cooking spray.
- ☐ Bake at 450 for 10 minutes. Turn potatoes; bake an additional 5 minutes or until golden and crisp.
- ☐ Add potatoes to cumin mixture; toss gently to coat.
- ☐ Serve immediately with ketchup mixture.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:19.81, Inflammation Score:-4, Nutrition Score:8.543043455352%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 161.3kcal (8.06%), Fat: 2.54g (3.91%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.39g (10.69%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 289.16mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin C: 30.87mg (37.42%), Vitamin B6: 0.48mg (24.12%), Potassium: 699.87mg (20%), Fiber: 3.45g (13.79%), Manganese: 0.26mg (12.99%), Magnesium: 38.28mg (9.57%), Vitamin B3: 1.9mg (9.5%), Phosphorus: 93.1mg (9.31%), Copper: 0.18mg (9.18%), Vitamin B1: 0.13mg (8.34%), Iron: 1.4mg (7.76%), Folate: 26.17µg (6.54%), Vitamin B2: 0.08mg (4.9%), Vitamin K: 4.98µg (4.74%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.68mg (4.55%), Zinc: 0.49mg (3.26%), Vitamin A: 132.87IU (2.66%), Calcium: 23.28mg (2.33%)