

Garlic and Herb Oven Fries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons parsley chopped

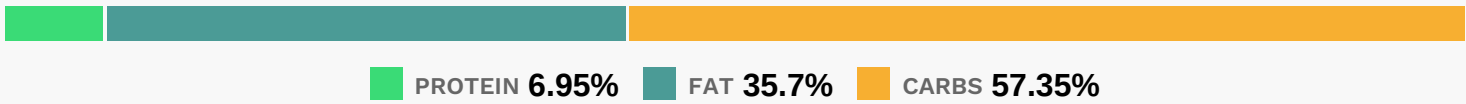
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat a roasting pan and oven to 45
- ☐ Cut potatoes into 1/4-inch matchsticks; toss with canola oil. Arrange in pan; bake at 450 for 5 minutes. Turn oven to broil. Broil 20 minutes or until browned, turning once. Melt butter in a skillet.
- ☐ Add minced garlic; saut 30 seconds.
- ☐ Add fries; cook 1 minute. Toss with chopped parsley, kosher salt, and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:21.56, Inflammation Score:-4, Nutrition Score:8.0769564110948%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.23kcal (9.36%), Fat: 7.64g (11.76%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 25.59g (9.3%), Sugar: 0.96g (1.06%), Cholesterol: 7.53mg (2.51%), Sodium: 224.7mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin K: 28.31µg (26.96%), Vitamin B6: 0.53mg (26.47%), Potassium: 641.87mg (18.34%), Manganese: 0.26mg (12.95%), Vitamin C: 10.55mg (12.78%), Magnesium: 35.78mg (8.95%), Phosphorus: 85.67mg (8.57%), Vitamin B1: 0.13mg (8.43%), Fiber: 2.04g (8.16%), Copper: 0.16mg (8.02%), Vitamin B3: 1.59mg (7.94%), Iron: 1.4mg (7.79%), Vitamin E: 0.92mg (6.16%), Folate: 23.33µg (5.83%), Vitamin B5: 0.47mg (4.68%), Vitamin A: 201.8IU (4.04%), Vitamin B2: 0.05mg (3.12%), Zinc: 0.46mg (3.09%), Calcium: 23.73mg (2.37%), Selenium: 0.72µg (1.02%)