

Garlic Fries

 Gluten Free

READY IN



67 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1/4-inch-thick strips
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 5 teaspoons garlic clove minced
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.8 teaspoon salt
- ☐ 4 teaspoons vegetable oil

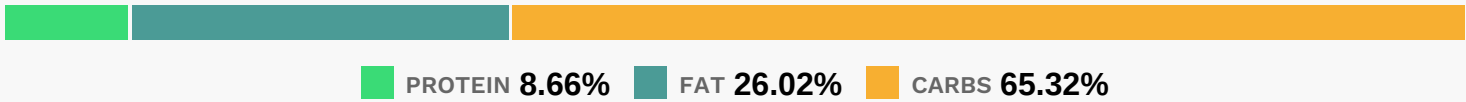
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a large zip-top plastic bag, tossing to coat.
- ☐ Arrange potatoes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 50 minutes or until potatoes are tender and golden brown, turning after 20 minutes.
- ☐ Place butter and garlic in a large nonstick skillet; cook over low heat 2 minutes, stirring constantly.
- ☐ Add potatoes, parsley, and cheese to pan; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.79, Glycemic Load:32.48, Inflammation Score:-5, Nutrition Score:11.652608884256%

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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 250.37kcal (12.52%), Fat: 7.46g (11.47%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.06g (14.2%), Sugar: 1.45g (1.61%), Cholesterol: 11.48mg (3.83%), Sodium: 362.37mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.17%), Vitamin B6: 0.82mg (40.81%), Vitamin K: 31.86µg (30.35%), Potassium: 967.4mg (27.64%), Manganese: 0.4mg (20.11%), Vitamin C: 15.48mg (18.76%), Phosphorus: 141.02mg (14.1%), Magnesium: 54.14mg (13.53%), Vitamin B1: 0.19mg (12.85%), Copper: 0.24mg (12.2%), Fiber: 3.04g

(12.18%), Vitamin B3: 2.39mg (11.93%), Iron: 2.09mg (11.6%), Folate: 34.09µg (8.52%), Vitamin B5: 0.71mg (7.13%), Zinc: 0.78mg (5.19%), Calcium: 51.88mg (5.19%), Vitamin B2: 0.09mg (5.07%), Vitamin A: 245.85IU (4.92%), Selenium: 1.89µg (2.71%), Vitamin E: 0.4mg (2.65%)