



Garlic Fries

 **Gluten Free**

READY IN



42 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

Ingredients

- 1.5 pounds baking potatoes peeled cut into ¼-inch-thick strips
- 1 tablespoons butter
- 2 teaspoons canola oil
- 2 tablespoons parsley fresh finely chopped
- 5 teaspoons garlic clove minced
- 2 tablespoons parmesan cheese freshly grated
- 0.5 teaspoon salt


Equipment

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

Directions

- Preheat oven to 45
- Combine potatoes and oil in a large zip-top plastic bag; seal bag, and toss well to coat.
- Arrange potatoes in a single layer on a baking sheet lined with parchment paper.
- Sprinkle with salt.
- Bake at 450 for 25 minutes or until potatoes are tender and golden brown, turning after 20 minutes.
- Heat a large nonstick skillet over low heat.
- Add butter and garlic to pan; cook 4 minutes, stirring constantly.
- Add potatoes and parsley to butter mixture; toss to coat.
- Sprinkle with cheese.
- Serve immediately.

Nutrition Facts

  
 **PROTEIN 9.42%**  **FAT 25.71%**  **CARBS 64.87%**

Properties

Glycemic Index:32.79, Glycemic Load:16.36, Inflammation Score:-3, Nutrition Score:6.6847825878016%

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: 129.32kcal (6.47%), Fat: 3.81g (5.86%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 20.04g (7.29%), Sugar: 0.74g (0.82%), Cholesterol: 6.47mg (2.16%), Sodium: 244.8mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin K: 25.09µg (23.9%), Vitamin B6: 0.42mg (21.24%), Potassium: 493.95mg (14.11%), Manganese: 0.22mg (11.19%), Vitamin C: 9.02mg (10.93%), Phosphorus: 78.09mg (7.81%), Magnesium: 28.01mg (7%), Vitamin B1: 0.1mg (6.65%), Copper: 0.13mg (6.35%), Fiber: 1.57g (6.28%), Iron: 1.11mg (6.17%), Vitamin B3: 1.21mg (6.05%), Folate: 18.15µg (4.54%), Vitamin A: 186.41IU (3.73%), Vitamin B5: 0.37mg (3.7%), Calcium: 36.52mg (3.65%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.82%), Vitamin E: 0.32mg (2.13%), Selenium: 1.42µg (2.02%)