



Garlic-Herb Steak Fries

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



21 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- 1 tablespoon rosemary fresh chopped
- 15 ounces steak fries frozen
- 1 tablespoon olive oil
- 1 teaspoon garlic-sea salt blend (such as McCormick)

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 45
- Combine all ingredients in a large bowl. Arrange fries in a single layer on a large baking sheet.
- Bake at 450 for 17 minutes or until lightly browned, stirring once.

Nutrition Facts

PROTEIN 33.83% **FAT 66.01%** **CARBS 0.16%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.839130503004%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 252.72kcal (12.64%), Fat: 18.56g (28.56%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 0.1g (0.03%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0g (0%), Cholesterol: 64.85mg (21.62%), Sodium: 636.85mg (27.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.81%), Selenium: 25.94µg (37.06%), Zinc: 5.46mg (36.4%), Vitamin B12: 1.76µg (29.41%), Vitamin B3: 5.21mg (26.05%), Vitamin B6: 0.43mg (21.29%), Phosphorus: 153.42mg (15.34%), Vitamin B2: 0.25mg (14.99%), Iron: 1.89mg (10.48%), Potassium: 288.41mg (8.24%), Vitamin B1: 0.09mg (6.25%), Magnesium: 22.8mg (5.7%), Copper: 0.08mg (4.24%), Vitamin K: 3.7µg (3.53%), Vitamin E: 0.5mg (3.36%)