



Garlic Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 4 medium potatoes – remove skin red cut in 8 wedges ()
- ☐ 2 teaspoons vegetable oil
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon garlic salt

Equipment

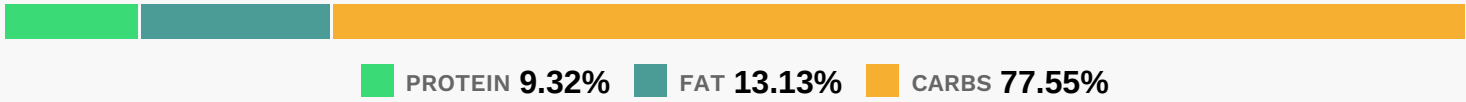
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 500°F. Spray 15x10x1-inch pan with cooking spray. In medium bowl, toss potatoes with oil to coat.
- ☐ Sprinkle with basil and garlic salt. Arrange in single layer in baking pan.
- ☐ Bake uncovered 15 to 18 minutes, stirring once, until potatoes are tender but crisp on outside.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.4665216920169%

Flavonoids

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 169.57kcal (8.48%), Fat: 2.56g (3.94%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 30.27g (11.01%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 619.9mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Potassium: 975.84mg (27.88%), Vitamin C: 18.32mg (22.21%), Vitamin B6: 0.37mg (18.27%), Manganese: 0.33mg (16.32%), Fiber: 3.72g (14.86%), Copper: 0.29mg (14.56%), Vitamin K: 14.6µg (13.91%), Phosphorus: 130.62mg (13.06%), Vitamin B3: 2.46mg (12.3%), Magnesium: 48.65mg (12.16%), Vitamin B1: 0.17mg (11.52%), Iron: 1.78mg (9.92%), Folate: 39.12µg (9.78%), Vitamin B5: 0.6mg (5.96%), Zinc: 0.72mg (4.81%), Vitamin B2: 0.07mg (4.06%), Calcium: 27.26mg (2.73%), Vitamin E: 0.23mg (1.55%), Selenium: 1.07µg (1.53%)