



Garlic-Parsley Steak "Fries"



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large garlic clove pressed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 3 pounds russet potatoes

Equipment

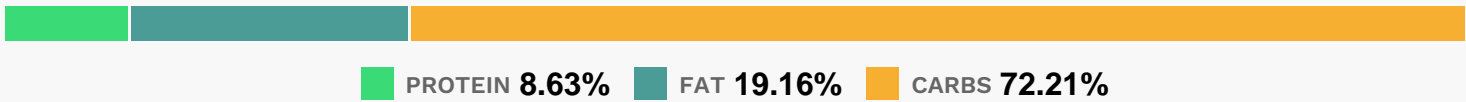
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Combine oil and garlic in a large bowl. Scrub potatoes; pat dry.
- ☐ Cut each potato lengthwise into 6 (1-inch-thick) wedges, and add to oil mixture. Toss wedges until thoroughly coated.
- ☐ Sprinkle wedges with salt; toss well.
- ☐ Place wedges on a large baking sheet coated with cooking spray.
- ☐ Bake at 425 for 50 minutes or until wedges are tender and golden.
- ☐ Remove from pan; sprinkle with parsley.
- ☐ Serve with ketchup, if desired.
- ☐ Lighten Up Homemade Fries We all love French fries, but when you order them at restaurants and fast food joints, they are commonly fried not just once, but twice. Tossing hand-cut "fries" in oil and baking them in the oven drastically reduces both fat and calories.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:32.29, Inflammation Score:0, Nutrition Score:10.964347927467%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 221.65kcal (11.08%), Fat: 4.86g (7.48%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 38.23g (13.9%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 206.05mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin B6: 0.79mg (39.49%), Vitamin K: 28.77µg (27.4%), Potassium: 955.22mg (27.29%), Manganese: 0.37mg (18.35%), Vitamin C: 14.86mg (18.01%), Magnesium:

52.96mg (13.24%), Phosphorus: 126.28mg (12.63%), Vitamin B1: 0.19mg (12.54%), Fiber: 3g (12.01%), Copper: 0.24mg (11.86%), Vitamin B3: 2.37mg (11.84%), Iron: 2.07mg (11.5%), Folate: 33.79µg (8.45%), Vitamin B5: 0.69mg (6.91%), Vitamin E: 0.71mg (4.7%), Zinc: 0.68mg (4.52%), Vitamin B2: 0.08mg (4.51%), Calcium: 32.4mg (3.24%), Vitamin A: 114.63IU (2.29%), Selenium: 0.98µg (1.4%)