



German Style Oven Fries

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

307 kcal

SIDE DISH

Ingredients

- ☐ 4 slices smoky bacon chopped
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon granulated sugar
- ☐ 4 idaho potatoes medium to large
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil extra-virgin

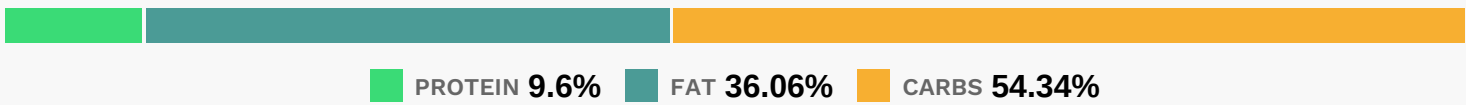
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 500 degrees F.
- ☐ Parboil potatoes for 4 minutes in a large pot over medium heat, or pierce with fork and microwave for 6 minutes. When ready, cut into 8 wedges each and sprinkle with vinegar.
- ☐ In large skillet, heat the extra-virgin olive oil over medium-high heat, add the bacon and cook until crisp.
- ☐ Remove with a slotted spoon to paper towels and reserve. Toss potatoes in the bacon drippings and season with sugar, and salt and pepper. Scatter onto a baking sheet and roast, in the preheated oven, until golden and crisp, about 20 minutes.
- ☐ Transfer potatoes to a serving bowl and toss with the parsley and the reserved bacon.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:32.47, Inflammation Score:-5, Nutrition Score:13.965652079686%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.24kcal (15.36%), Fat: 12.44g (19.15%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 42.2g (14.07%),
Net Carbohydrates: 39.28g (14.28%), Sugar: 4.41g (4.9%), Cholesterol: 14.52mg (4.84%), Sodium: 159.26mg (6.92%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin K: 67.6µg (64.39%), Vitamin B6: 0.8mg
(39.85%), Potassium: 964.87mg (27.57%), Vitamin C: 17.13mg (20.76%), Manganese: 0.39mg (19.64%), Vitamin B1:
0.24mg (15.91%), Vitamin B3: 3.14mg (15.7%), Phosphorus: 152.36mg (15.24%), Magnesium: 54.42mg (13.61%), Iron:
2.22mg (12.31%), Copper: 0.24mg (11.85%), Fiber: 2.92g (11.67%), Folate: 35.54µg (8.88%), Vitamin B5: 0.78mg
(7.8%), Selenium: 5.32µg (7.59%), Vitamin A: 326.72IU (6.53%), Zinc: 0.92mg (6.17%), Vitamin B2: 0.09mg (5.44%),
Vitamin E: 0.65mg (4.33%), Calcium: 35.52mg (3.55%), Vitamin B12: 0.11µg (1.83%)