



How to Make Cottage Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients



4 baking potatoes sliced into 3/ rounds russet



1 pinch cayenne pepper to taste



1 pinch herbs de provence to taste



2 tablespoons olive oil



4 servings salt and pepper black freshly ground to taste

Equipment



bowl



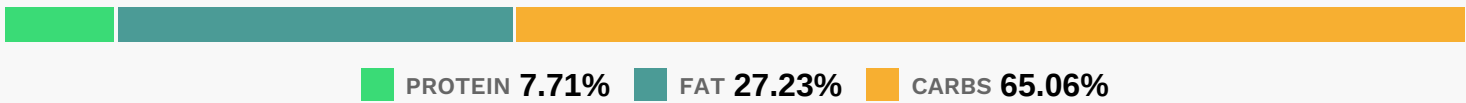
baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Line a baking sheet with parchment paper or a silicone baking mat and set aside.
- ☐ Combine potatoes, salt, ground black pepper, cayenne pepper, and herbes de provence in a large bowl.
- ☐ Drizzle olive oil over potatoes and stir to evenly coat.
- ☐ Place potatoes on baking sheet, spaced evenly, and bake in the preheated oven for 15 minutes.
- ☐ Remove from oven, flip over each potato slice, and return to the oven for another 15 minutes. Continue cooking and flipping until potatoes are well browned, about 30 minutes. Potatoes should be crispy around edges, but still soft in the center.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:30.29, Inflammation Score:-3, Nutrition Score:9.4273913347203%

Flavonoids

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: 230.62kcal (11.53%), Fat: 7.18g (11.05%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 35.78g (13.01%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 10.85mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin B6: 0.74mg (36.8%), Potassium: 890.52mg (25.44%), Manganese: 0.35mg (17.58%), Vitamin C: 12.19mg (14.77%), Magnesium: 49.31mg (12.33%), Phosphorus: 117.48mg (11.75%), Vitamin B1: 0.18mg (11.67%), Fiber: 2.82g (11.28%), Copper: 0.22mg (11.06%), Vitamin B3: 2.21mg (11.05%), Iron: 1.94mg (10.8%), Vitamin K: 9.09µg (8.66%), Folate: 30µg (7.5%), Vitamin E: 1.04mg (6.94%), Vitamin B5: 0.64mg (6.43%), Vitamin B2: 0.07mg (4.17%), Zinc: 0.62mg (4.15%), Calcium: 29.18mg (2.92%), Selenium: 0.86µg (1.23%)