



## Italian Oven Fries

 Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



250 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 26 oz extra-crispy fried potatoes frozen french
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 servings tomatoes
- ☐ 0.7 cup parmesan cheese grated

### Equipment

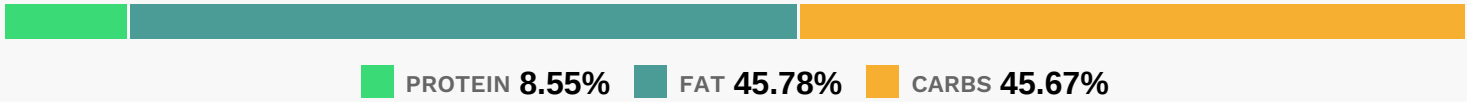
- ☐ frying pan

☐ oven

## Directions

- ☐ Preheat oven to 42
- ☐ Arrange potatoes in a single layer on 2 lightly greased 15- x 10-inch jelly-roll pans.
- ☐ Bake 15 minutes, placing 1 pan on middle oven rack and other on lower oven rack. Switch pans, and bake 12 to 15 more minutes or until lightly browned.
- ☐ Sprinkle potatoes with pepper, salt, Parmesan cheese, and garlic powder, tossing lightly.
- ☐ Serve with warm marinara sauce.
- ☐ Note: We tested with Ore-Ida Extra Crispy Fast Food Fries.

## Nutrition Facts



## Properties

Glycemic Index:14.63, Glycemic Load:14.29, Inflammation Score:-5, Nutrition Score:9.5217390876749%

## Nutrients (% of daily need)

Calories: 249.98kcal (12.5%), Fat: 13.26g (20.4%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 24.55g (8.93%), Sugar: 4.37g (4.86%), Cholesterol: 5.8mg (1.93%), Sodium: 1174.88mg (51.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Fiber: 5.21g (20.82%), Potassium: 696.85mg (19.91%), Manganese: 0.32mg (16.25%), Vitamin C: 13.22mg (16.02%), Vitamin B3: 2.87mg (14.37%), Phosphorus: 132.96mg (13.3%), Vitamin B6: 0.26mg (13.05%), Iron: 2.2mg (12.24%), Vitamin E: 1.8mg (12%), Vitamin A: 588.91IU (11.78%), Magnesium: 34.35mg (8.59%), Copper: 0.17mg (8.5%), Calcium: 83.57mg (8.36%), Vitamin B5: 0.8mg (8.01%), Vitamin B2: 0.13mg (7.41%), Folate: 27.74µg (6.93%), Vitamin B1: 0.09mg (5.77%), Zinc: 0.81mg (5.39%), Selenium: 3.48µg (4.97%), Vitamin K: 3.79µg (3.61%), Vitamin B12: 0.09µg (1.5%)