



Italian-Parmesan Oven Fries

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into 1/2-inch-thick strips
- ☐ 2 teaspoons penzey's southwest seasoning italian freshly ground
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

Equipment

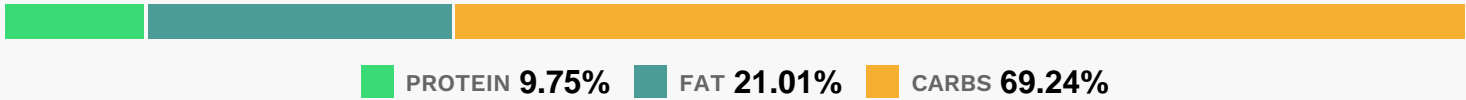
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Rinse potatoes in cold water.
- ☐ Drain and pat dry. Toss together potatoes, oil, Italian seasoning, and salt in a large bowl.
- ☐ Place a lightly greased wire rack in a jelly-roll pan. Arrange potatoes in a single layer on wire rack.
- ☐ Bake at 450 for 40 to 45 minutes or until browned.
- ☐ Sprinkle warm fries with 2 Tbsp. grated Parmesan cheese.
- ☐ Serve with Easy Marinara Sauce, if desired.
- ☐ Note: We tested with McCormick Italian Herb Seasoning Grinder.

Nutrition Facts



Properties

Glycemic Index:22.44, Glycemic Load:24.19, Inflammation Score:-3, Nutrition Score:8.5552173781654%

Nutrients (% of daily need)

Calories: 177.61kcal (8.88%), Fat: 4.28g (6.58%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 29.1g (10.58%), Sugar: 1.1g (1.22%), Cholesterol: 2.17mg (0.73%), Sodium: 343.19mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin B6: 0.6mg (29.97%), Potassium: 726.57mg (20.76%), Manganese: 0.32mg (15.99%), Vitamin K: 15.57µg (14.83%), Vitamin C: 9.72mg (11.78%), Phosphorus: 110.88mg (11.09%), Magnesium: 42.7mg (10.68%), Fiber: 2.64g (10.55%), Iron: 1.85mg (10.25%), Vitamin B1: 0.14mg (9.46%), Copper: 0.18mg (9.14%), Vitamin B3: 1.81mg (9.04%), Folate: 26.33µg (6.58%), Calcium: 60.36mg (6.04%), Vitamin B5: 0.53mg (5.29%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.07mg (4.12%), Vitamin E: 0.49mg (3.27%), Selenium: 1.6µg (2.29%)