



Jerk Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



209 kcal

SIDE DISH

Ingredients



26 oz extra-crispy fried potatoes frozen french



1 tablespoon walkerswood jamaican jerk seasoning



10 servings sweet-and-tangy ketchup

Equipment



frying pan

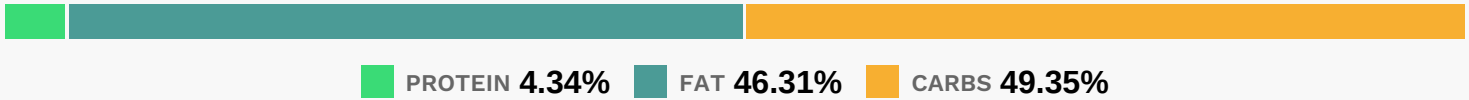


oven

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 baked fries with jerk seasoning, tossing lightly.
- ☐ Serve with Sweet-and-Tangy Ketchup.
- ☐ Note: We tested with Ore-Ida Extra Crispy Fast Food Fries.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:12.16, Inflammation Score:-3, Nutrition Score:4.7730434899745%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 209.05kcal (10.45%), Fat: 11.15g (17.15%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 23.09g (8.4%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 510.34mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Fiber: 3.64g (14.56%), Potassium: 374.7mg (10.71%), Vitamin B3: 1.96mg (9.8%), Manganese: 0.2mg (9.79%), Vitamin B6: 0.17mg (8.66%), Iron: 1.16mg (6.47%), Vitamin C: 5.26mg (6.38%), Phosphorus: 63.06mg (6.31%), Vitamin A: 314.15IU (6.28%), Folate: 17.79µg (4.45%), Vitamin B5: 0.41mg (4.12%), Magnesium: 16.41mg (4.1%), Vitamin B1: 0.06mg (3.88%), Vitamin E: 0.52mg (3.49%), Vitamin B2: 0.06mg (3.25%), Copper: 0.04mg (2.22%), Zinc: 0.3mg (2.02%), Vitamin K: 1.3µg (1.23%), Calcium: 11.52mg (1.15%)