



WHATSheATE



Made-Over Blackened Cajun Skillet Fries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 1 tablespoon dijon mustard
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons nonfat greek yogurt
- ☐ 1 tablespoon olive oil
- ☐ 3 medium russet potatoes

Equipment

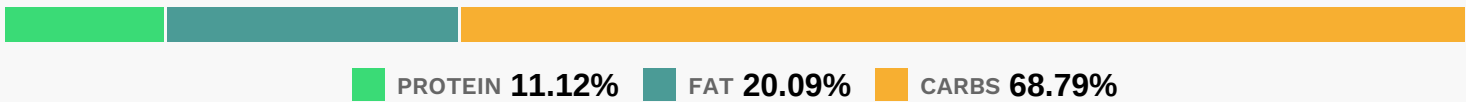
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Cut the potatoes into long wedges about 1-inch thick. Toss the potatoes with the olive oil and Cajun seasoning.
- ☐ Heat an ovenproof large nonstick skillet over medium-high heat and add the potatoes in a single layer. Cook, turning, until browned on all sides, about 15 minutes. Slowly add 1/4 cup water to the skillet and transfer the entire skillet to the oven.
- ☐ Continue to cook the potatoes, turning once, until the potatoes are tender and the outsides are crisped, about 20 more minutes. Meanwhile, mix the yogurt with the mustard and a pinch salt.
- ☐ Serve the potatoes warm with the mustard dipping sauce.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:22.73, Inflammation Score:-4, Nutrition Score:8.0165216611779%

Nutrients (% of daily need)

Calories: 167.7kcal (8.39%), Fat: 3.86g (5.94%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.33g (9.94%), Sugar: 1.46g (1.63%), Cholesterol: 0.56mg (0.19%), Sodium: 247.49mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Vitamin B6: 0.57mg (28.58%), Potassium: 699.12mg (19.97%), Manganese: 0.28mg (13.8%), Vitamin C: 9.13mg (11.06%), Phosphorus: 108.78mg (10.88%), Magnesium: 40.67mg (10.17%), Fiber: 2.41g (9.65%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.75mg (8.74%), Iron: 1.57mg (8.71%), Copper: 0.17mg (8.65%), Folate: 23.66µg (5.91%), Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.54mg (5.42%), Vitamin K: 5.44µg (5.18%), Vitamin A: 250.98IU (5.02%), Vitamin E: 0.68mg (4.53%), Selenium: 3.06µg (4.37%), Zinc: 0.57mg (3.79%), Calcium: 36.92mg (3.69%), Vitamin B12: 0.08µg (1.31%)