



Mojo French Fries

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chili powder
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup milk
- ☐ 1.5 teaspoons paprika
- ☐ 6 potatoes cut into wedges

- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

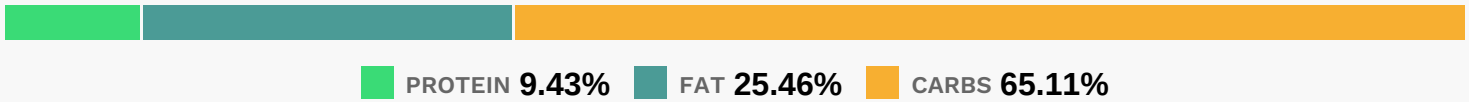
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Grease a baking sheet.
- ☐ Whisk flour, paprika, salt, black pepper, chili powder, and cayenne pepper in a bowl.
- ☐ Whisk egg with milk together in a separate bowl. Dip potato wedges in the egg mixture, then dredge in the seasoned flour. Arrange coated potato wedges on prepared baking sheet.
- ☐ Drizzle wedges with vegetable oil.
- ☐ Bake in the preheated oven until the coating is browned and the potatoes are tender, 20 to 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:44.78, Inflammation Score:-7, Nutrition Score:17.551304412925%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 379.24kcal (18.96%), Fat: 10.82g (16.65%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 56.42g (20.52%), Sugar: 2.5g (2.78%), Cholesterol: 28.91mg (9.64%), Sodium: 419.68mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin C: 42.03mg (50.95%),

Vitamin B6: 0.68mg (33.98%), Manganese: 0.58mg (28.82%), Vitamin B1: 0.43mg (28.58%), Potassium: 979.24mg (27.98%), Folate: 95.12µg (23.78%), Fiber: 5.83g (23.31%), Vitamin B3: 4.19mg (20.94%), Vitamin K: 21.83µg (20.79%), Selenium: 13.82µg (19.75%), Iron: 3.4mg (18.9%), Phosphorus: 185.95mg (18.59%), Vitamin B2: 0.28mg (16.68%), Magnesium: 59.93mg (14.98%), Copper: 0.29mg (14.43%), Vitamin B5: 0.95mg (9.47%), Vitamin A: 397.09IU (7.94%), Vitamin E: 1.1mg (7.35%), Zinc: 1.02mg (6.8%), Calcium: 53.82mg (5.38%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.3µg (1.97%)