



WHATSheATE



Mojo Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lime zest
- ☐ 1 pinch pepper flakes red

☐ 2 medium russet potatoes scrubbed well

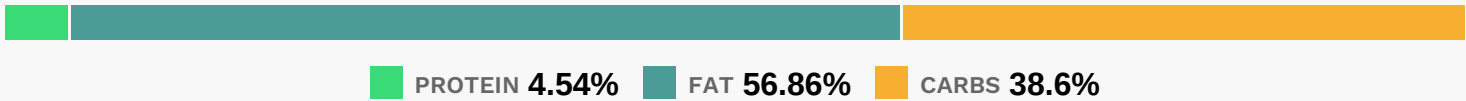
Equipment

- ☐ oven
- ☐ mandoline
- ☐ spatula

Directions

- ☐ Special equipment: Mandoline
- ☐ Preheat the oven to 425 degrees F. Coat 2 sheet trays with nonstick spray.
- ☐ Cut potatoes into 1/4-inch strips using a mandoline and pat dry. Divide the potatoes between the sheet trays and toss with olive oil, salt, and pepper and spread the potatoes in a single layer.
- ☐ Bake until the potatoes are golden brown and crisp, about 35 minutes, turning once with a spatula halfway through baking.
- ☐ Remove the potatoes from the oven and while still hot, toss with the lime zest, garlic, parsley, cilantro, mint, and red pepper flakes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:10.43, Inflammation Score:-2, Nutrition Score:4.9643478160319%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 4.89mg, Hesperetin: 4.89mg, Hesperetin: 4.89mg, Hesperetin: 4.89mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 143.83kcal (7.19%), Fat: 9.43g (14.51%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 13.04g (4.74%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 4.81mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 19.33µg (18.41%), Vitamin B6: 0.26mg (12.92%), Vitamin E: 1.68mg (11.2%), Vitamin C: 8.62mg (10.45%), Potassium: 319.9mg (9.14%), Manganese: 0.14mg (7.25%), Fiber: 1.37g (5.47%), Magnesium: 18.34mg (4.58%), Copper: 0.09mg (4.36%), Iron: 0.78mg (4.35%), Phosphorus: 43.06mg (4.31%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.79mg (3.94%), Folate: 12.87µg (3.22%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 107.89IU (2.16%), Vitamin B2: 0.03mg (1.74%), Calcium: 17.31mg (1.73%), Zinc: 0.24mg (1.62%)