



Oven Baked Garlic and Parmesan Fries

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 0.5 teaspoon ground thyme dried
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 4 large baking potatoes unpeeled cut into 1/4-inch strips

Equipment

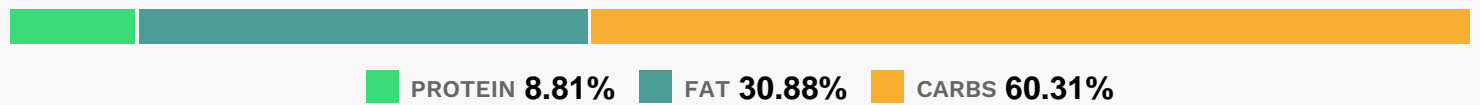
- bowl

- baking sheet
- oven
- mixing bowl

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Place the potatoes in a mixing bowl and drizzle with olive oil. Season with garlic, thyme, and 1/4 teaspoon seasoned salt. Toss until evenly coated. Lift the fries out of the bowl and spread onto a nonstick baking sheet in a single layer. Save the remaining oil in the bowl.
- Bake in the preheated oven 30 minutes, flipping the fries halfway through baking. Return the fries to the bowl with the olive oil, sprinkle with 1/2 cup Parmesan cheese and parsley. Toss to coat, then spread again onto the baking sheet. Return to the oven, and bake until the Parmesan cheese melts, about 10 minutes.
- Sprinkle the fries with the remaining 1/4 cup Parmesan cheese and 1/4 teaspoon seasoned salt to serve.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:52.69, Inflammation Score:-7, Nutrition Score:20.971739129528%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 442.21kcal (22.11%), Fat: 15.6g (23.99%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 68.52g (22.84%), Net Carbohydrates: 63.5g (23.09%), Sugar: 2.35g (2.61%), Cholesterol: 5.44mg (1.81%), Sodium: 130.65mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.02%), Vitamin K: 78.56µg (74.82%), Vitamin B6: 1.31mg (65.5%), Potassium: 1581.18mg (45.18%), Vitamin C: 26.78mg (32.47%), Manganese: 0.64mg (31.9%), Phosphorus: 248.44mg (24.84%), Magnesium: 89.77mg (22.44%), Vitamin B1: 0.31mg (20.84%), Iron: 3.7mg (20.57%), Fiber: 5.01g (20.06%), Copper: 0.4mg (19.8%), Vitamin B3: 3.9mg (19.48%), Folate: 58.15µg (14.54%),

Vitamin E: 2.05mg (13.68%), Vitamin B5: 1.16mg (11.59%), Calcium: 114.96mg (11.5%), Zinc: 1.41mg (9.43%), Vitamin B2: 0.15mg (8.82%), Vitamin A: 378.61IU (7.57%), Selenium: 3.99µg (5.7%), Vitamin B12: 0.08µg (1.41%)