



## Oven-Baked Seasoned Fries

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**5**

CALORIES



**297 kcal**

SIDE DISH

### Ingredients

- 3 tablespoons garlic chopped
- 0.3 cup granulated garlic powder
- 2 tablespoons grapeseed oil
- 0.5 cup kosher salt
- 0.3 cup granulated onion powder
- 0.5 cup smokey paprika
- 5 servings freshly parsley leaves chopped for garnish
- 0.3 cup cracked pepper fresh

- 2 tablespoons freshly rosemary chopped
- 2 pounds russet potatoes cleaned
- 3 tablespoons lawry's seasoned salt
- 1 tablespoon freshly thyme leaves chopped

## Equipment

- bowl
- baking sheet
- oven
- mandoline

## Directions

- Preheat oven to 400 degrees F.
- Cut potatoes with a mandoline.
- In a large bowl, combine cut potatoes and grapeseed oil.
- Add rosemary, thyme, garlic and Big Daddy Seasoning. Toss to coat.
- Place in a single layer on a greased baking sheet.
- Bake uncovered for 20 to 25 minutes or until tender, turning once.
- Remove from oven and toss with chopped parsley.
- In a large bowl, mix ingredients together.

## Nutrition Facts



## Properties

Glycemic Index:76.95, Glycemic Load:28.49, Inflammation Score:-9, Nutrition Score:24.796521663666%

## Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:

0.08mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 296.97kcal (14.85%), Fat: 6.52g (10.03%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 48.57g (17.66%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 15529.93mg (675.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Manganese: 2.16mg (108.16%), Vitamin K: 89.32µg (85.06%), Vitamin B6: 1.02mg (51.04%), Vitamin C: 40.39mg (48.96%), Potassium: 1201.32mg (34.32%), Fiber: 8.33g (33.34%), Iron: 4.6mg (25.53%), Copper: 0.49mg (24.34%), Magnesium: 86.67mg (21.67%), Phosphorus: 200.75mg (20.07%), Vitamin A: 961.97IU (19.24%), Vitamin B1: 0.26mg (17.6%), Calcium: 147.22mg (14.72%), Vitamin E: 2.12mg (14.12%), Folate: 52.66µg (13.16%), Vitamin B3: 2.39mg (11.95%), Zinc: 1.47mg (9.8%), Vitamin B5: 0.94mg (9.37%), Selenium: 5.7µg (8.14%), Vitamin B2: 0.13mg (7.89%)