



## Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

## Ingredients



4 medium baking potatoes



1 tablespoon olive oil



1 teaspoon salt or to taste

## Equipment



baking sheet

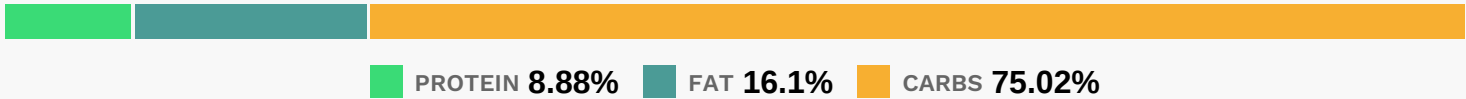


oven

# Directions

- ☐ Prep time: 10 minutes
- ☐ Bake time: 30 minutes Preheat oven to 425 degrees. Peel the potatoes and slice into strips (roughly the same size to ensure even cooking). Liberally coat a baking sheet with cooking spray. Arrange potato strips in a single layer.
- ☐ Drizzle potatoes with the olive oil and sprinkle them with salt.
- ☐ Bake for 30 minutes, or until golden brown and crunchy.How kids can help: Coat baking sheet with cooking spray; drizzle olive oil and sprinkle salt on potatoes.

## Nutrition Facts



## Properties

Glycemic Index:21.19, Glycemic Load:30.27, Inflammation Score:-3, Nutrition Score:9.0434783143194%

## Nutrients (% of daily need)

Calories: 199.21kcal (9.96%), Fat: 3.67g (5.65%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.72g (12.99%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 592.09mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B6: 0.73mg (36.74%), Potassium: 888.36mg (25.38%), Manganese: 0.34mg (16.8%), Vitamin C: 12.14mg (14.72%), Magnesium: 49.01mg (12.25%), Phosphorus: 117.15mg (11.72%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.77g (11.08%), Vitamin B3: 2.2mg (11.02%), Copper: 0.22mg (10.99%), Iron: 1.86mg (10.31%), Folate: 29.82µg (7.45%), Vitamin B5: 0.64mg (6.41%), Vitamin K: 5.94µg (5.66%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.07mg (4.13%), Vitamin E: 0.53mg (3.5%), Calcium: 28.08mg (2.81%), Selenium: 0.85µg (1.22%)