

Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potatoes
- ☐ 1 pinch ground pepper
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon sugar white

Equipment

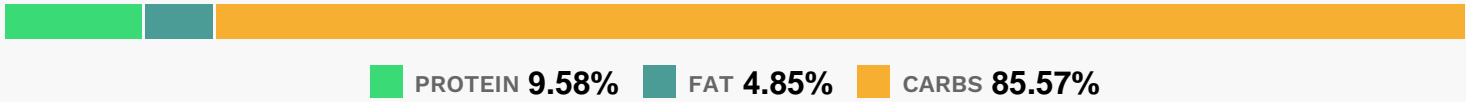
- ☐ baking sheet
- ☐ oven

- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into 1/2 inch thick fries.
- ☐ In a large mixing bowl, toss potatoes with oil, sugar, salt and red pepper.
- ☐ Spread on baking sheet in one layer.
- ☐ Bake for 30 minutes in the preheated oven, until potatoes are tender and browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:28.26, Inflammation Score:-3, Nutrition Score:7.9039130573687%

Nutrients (% of daily need)

Calories: 163.69kcal (8.18%), Fat: 0.91g (1.4%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 33.69g (12.25%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 397.05mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin B6: 0.65mg (32.62%), Potassium: 788.57mg (22.53%), Manganese: 0.3mg (14.91%), Vitamin C: 10.79mg (13.07%), Magnesium: 43.5mg (10.88%), Phosphorus: 104mg (10.4%), Vitamin B1: 0.16mg (10.34%), Fiber: 2.46g (9.85%), Vitamin B3: 1.96mg (9.79%), Copper: 0.2mg (9.76%), Iron: 1.63mg (9.06%), Folate: 26.48µg (6.62%), Vitamin B5: 0.57mg (5.69%), Vitamin K: 4.79µg (4.57%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.55mg (3.66%), Calcium: 24.85mg (2.49%), Selenium: 0.77µg (1.1%)