



WHATSheATE



Oven Fries with Crisp Sage Leaves



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



161 kcal

SIDE DISH

Ingredients



1 pound baking potatoes



1 tablespoon olive oil extravirgin



0.5 teaspoon kosher salt



12 sage leaves

Equipment



bowl



baking sheet



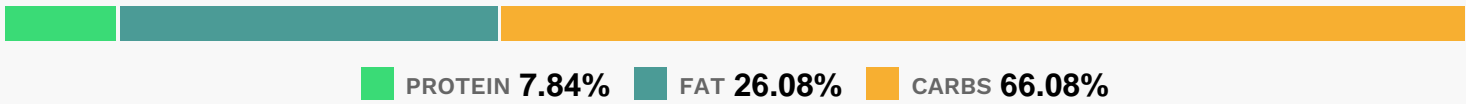
oven

☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Cut each baking potato lengthwise into 6 equal slices.
- ☐ Place potato slices in a large bowl, and drizzle with olive oil.
- ☐ Sprinkle with salt; toss well to coat potato slices.
- ☐ Remove potato slices from bowl. Reserve remaining olive oil and salt in bowl; set aside. Arrange potato slices in a single layer on a baking sheet.
- ☐ Bake at 400 for 40 minutes or until the potato slices are golden brown on the bottom.
- ☐ Remove potato slices from oven (leave oven at 400).
- ☐ Add sage leaves to reserved olive oil and salt in bowl. Gently rub sage leaves along bottom of bowl, coating both sides with olive oil and salt. Working with one potato slice at a time, lift potato slice from baking sheet with a thin spatula.
- ☐ Lay 1 sage leaf on baking sheet, and cover with potato slice, browned side down. Repeat with remaining potato slices and sage leaves.
- ☐ Bake at 400 for 10 minutes.
- ☐ Remove from heat. Using a thin spatula, carefully turn potato slices over with leaves on top.
- ☐ Bake at 400 for an additional 10 minutes or until bottoms begin to brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:21.49, Inflammation Score:-2, Nutrition Score:7.6913044309325%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 160.94kcal (8.05%), Fat: 4.8g (7.38%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 25.37g (9.23%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 395.24mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Copper: 0.65mg (32.4%), Vitamin B6: 0.52mg (26.08%), Potassium: 631.31mg (18.04%), Manganese: 0.25mg (12.73%), Vitamin C: 8.62mg (10.45%), Magnesium: 35.06mg (8.77%), Phosphorus: 83.22mg (8.32%), Vitamin B1: 0.12mg (8.3%), Fiber: 1.98g (7.91%), Vitamin B3: 1.56mg (7.82%), Iron: 1.35mg (7.49%), Folate: 21.17µg (5.29%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.46mg (4.55%), Vitamin B2: 0.05mg (2.95%), Zinc: 0.44mg (2.95%), Calcium: 21.01mg (2.1%)