



Oven Fries with Garlic Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic finely chopped
- ☐ 6 servings kosher salt and pepper
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds russet potatoes scrubbed cut lengthwise into 1/2-inch-thick wedges (4)
- ☐ 1.5 teaspoons paprika smoked (preferably)

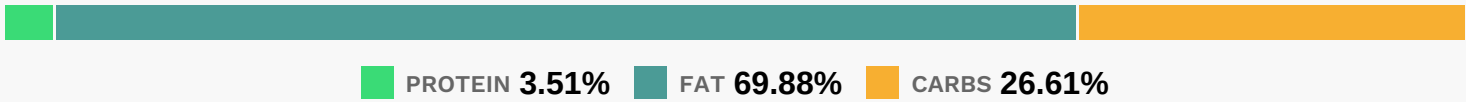
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400 F. On a rimmed baking sheet, toss the potatoes, oil, 1 teaspoon salt, and 1/4 teaspoon pepper. Roast until golden and crisp, 45 to 50 minutes. Meanwhile, in a small bowl, whisk the mayonnaise, lemon juice, garlic, paprika, and 1/4 teaspoon salt.
- ☐ Serve the potatoes with the aioli for dipping. Tip: For an extra touch, throw in some herbs. Toss in 8 sprigs of fresh thyme before roasting the potatoes.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:21.66, Inflammation Score:-4, Nutrition Score:10.351304417071%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417.09kcal (20.85%), Fat: 32.78g (50.44%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 25.93g (9.43%), Sugar: 1.25g (1.39%), Cholesterol: 15.68mg (5.23%), Sodium: 438.95mg (19.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin K: 66.79µg (63.61%), Vitamin B6: 0.54mg (27.11%), Potassium: 653.17mg (18.66%), Vitamin E: 2.06mg (13.73%), Manganese: 0.26mg (12.85%), Vitamin C: 9.42mg (11.42%), Phosphorus: 93.47mg (9.35%), Magnesium: 36.27mg (9.07%), Vitamin B1: 0.13mg (8.72%), Fiber: 2.16g (8.62%), Iron: 1.52mg (8.46%), Copper: 0.17mg (8.42%), Vitamin B3: 1.62mg (8.1%), Folate: 23.63µg (5.91%), Vitamin A: 272.19IU (5.44%), Vitamin B5: 0.54mg (5.37%), Vitamin B2: 0.06mg (3.76%), Zinc: 0.52mg (3.49%), Calcium: 24.96mg (2.5%), Selenium: 1.57µg (2.24%)