



Pommes Frites with Chives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 teaspoons olive oil
- ☐ 0.8 pound yukon gold red cut into 3 x 1/4-inch sticks
- ☐ 2 teaspoons or dried fresh chopped

Equipment

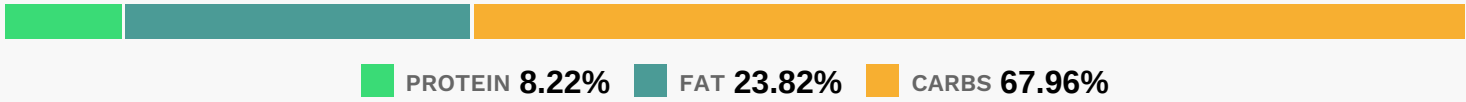
- ☐ baking sheet
- ☐ oven

☐ ziploc bags

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a large zip-top plastic bag; seal and shake to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 30 minutes, turning once. Toss with chives.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:9.213043378747%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 157.64kcal (7.88%), Fat: 4.32g (6.65%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 24.45g (8.89%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 321.98mg (14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin K: 27.68µg (26.36%), Potassium: 786.62mg (22.47%), Vitamin C: 16mg (19.39%), Manganese: 0.32mg (16.24%), Vitamin B6: 0.3mg (14.84%), Iron: 2.53mg (14.04%), Fiber: 3.3g (13.2%), Copper: 0.24mg (11.96%), Phosphorus: 106.64mg (10.66%), Vitamin B3: 2.01mg (10.07%), Magnesium: 40.26mg (10.06%), Vitamin B1: 0.14mg (9.61%), Folate: 34.93µg (8.73%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.67mg (4.47%), Zinc: 0.63mg (4.22%), Calcium: 37.51mg (3.75%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 115.2IU (2.3%), Selenium: 0.91µg (1.3%)