



Roasted Fingerling Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound fingerling potatoes
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin

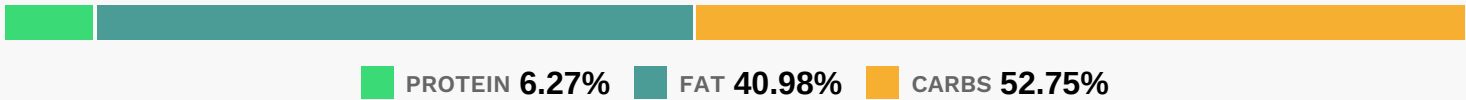
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 45
- ☐ Scrub and rinse potatoes; pat dry with paper towels.
- ☐ Cut potatoes diagonally into 1/3-inch slices.
- ☐ Combine potato, oil, and next 4 ingredients (through pepper) in a large bowl; toss to coat.
- ☐ Spread potato mixture in a single layer on a large baking sheet.
- ☐ Bake at 450 for 10 minutes.
- ☐ Sprinkle garlic over potato mixture; turn potato mixture with a spatula.
- ☐ Bake an additional 10 minutes or until crisp-tender.
- ☐ Kids Can Help: Once you've sliced the potatoes, kids can toss them with the olive oil and other ingredients, and then spread them out on the baking sheet. They can also pick the thyme and rosemary off the stems for you if they really want to learn!

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:9.81, Inflammation Score:-5, Nutrition Score:4.4421738956286%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 101.91kcal (5.1%), Fat: 4.76g (7.32%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 11.97g (4.35%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 198.67mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin C: 16.01mg (19.41%), Vitamin B6: 0.24mg (11.89%), Potassium: 327.79mg (9.37%), Manganese: 0.16mg (8.15%), Fiber: 1.8g (7.2%), Magnesium: 18.75mg (4.69%), Vitamin E: 0.68mg (4.55%), Phosphorus: 45.43mg (4.54%), Copper: 0.09mg (4.49%), Vitamin K: 4.54µg (4.32%), Vitamin B1: 0.06mg (4.19%), Iron: 0.74mg (4.11%), Vitamin B3: 0.82mg (4.08%), Folate: 12.41µg (3.1%), Vitamin B5: 0.23mg (2.34%), Vitamin B2: 0.03mg (1.65%), Zinc: 0.24mg (1.62%), Calcium: 13.89mg (1.39%)