



Salt and Pepper Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients



2.3 pounds baking potatoes peeled cut lengthwise into 1/2-inch-wide planks, each plank cut lengthwise into 1/2-inch-wide strips



2 tablespoons olive oil



1 teaspoon sea salt



1 teaspoon shichimi togarashi



1 teaspoon sugar

Equipment



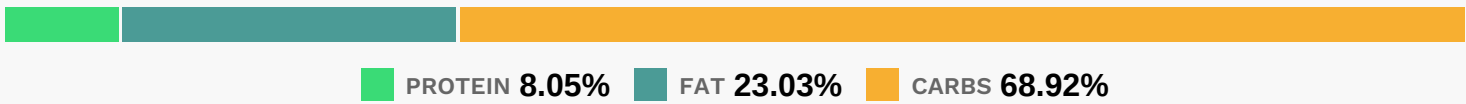
bowl

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Place rack in top third of oven and preheat to 400°F.
- ☐ Place potato strips on rimmed baking sheet.
- ☐ Drizzle with olive oil; toss to coat. Roast 25 minutes. Using spatula, turn chips over. Roast until tender and golden brown around edges, about 25 minutes longer.
- ☐ Mix salt, shichimi, and sugar in small bowl.
- ☐ Sprinkle over chips.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:25.54, Inflammation Score:-3, Nutrition Score:7.8686956581862%

Flavonoids

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

Nutrients (% of daily need)

Calories: 184.11kcal (9.21%), Fat: 4.86g (7.47%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 30.3g (11.02%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 401.97mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin B6: 0.62mg (30.78%), Potassium: 742.22mg (21.21%), Manganese: 0.28mg (14.18%), Vitamin C: 10.06mg (12.19%), Magnesium: 41.08mg (10.27%), Phosphorus: 98.02mg (9.8%), Vitamin B1: 0.15mg (9.7%), Fiber: 2.41g (9.64%), Vitamin B3: 1.86mg (9.32%), Copper: 0.19mg (9.27%), Iron: 1.6mg (8.91%), Folate: 24.79µg (6.2%), Vitamin K: 6.34µg (6.04%), Vitamin E: 0.82mg (5.45%), Vitamin B5: 0.53mg (5.34%), Vitamin B2: 0.06mg (3.62%), Zinc: 0.53mg (3.51%), Calcium: 24.32mg (2.43%), Vitamin A: 100.6IU (2.01%), Selenium: 0.78µg (1.11%)