



Salt-and-Pepper Oven Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 26 oz fries frozen french
- ☐ 0.5 teaspoon kosher salt

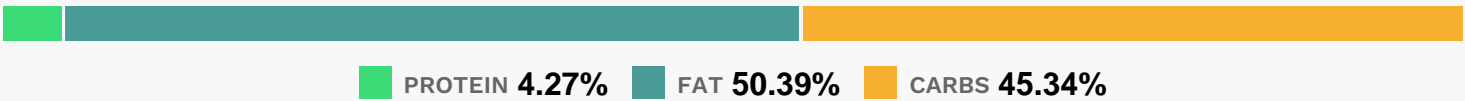
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Arrange potatoes in a single layer on 2 lightly greased 15- x 10-inch jelly-roll pans.
- ☐ Bake 15 minutes, placing 1 pan on middle oven rack and other on lower oven rack. Switch pans, and bake 12 to 15 more minutes or until lightly browned.
- ☐ Sprinkle with pepper and salt, tossing lightly.
- ☐ Serve immediately.
- ☐ Note: We tested with Ore-Ida Extra Crispy Fast Food Fries.
- ☐ Italian Oven Fries: Prepare recipe as directed.
- ☐ Sprinkle potatoes with 2/3 cup grated Parmesan cheese and 1/2 tsp. garlic powder, tossing lightly.
- ☐ Serve with warm marinara sauce.
- ☐ Barbecue Oven Fries: Omit salt and pepper.
- ☐ Sprinkle baked fries with 1 Tbsp. barbecue seasoning and desired amount of salt, tossing lightly.
- ☐ Serve with Spicy Mustard-Barbecue Sauce.
- ☐ Jerk Oven Fries: Omit salt and pepper.
- ☐ Sprinkle baked fries with 1 Tbsp. jerk seasoning, tossing lightly.
- ☐ Serve with Sweet-and-Tangy Ketchup.
- ☐ Southwest Oven Fries: Omit salt and pepper. Stir together 1 tsp. chili powder, 1/2 tsp. ground cumin, 1/2 tsp. ground black pepper, 1/4 tsp. salt, and 1/4 tsp. ground red pepper.
- ☐ Sprinkle baked fries with chili powder mixture, tossing lightly.
- ☐ Serve with Chipotle Ranch Dip.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:12.18, Inflammation Score:-1, Nutrition Score:3.6752173932188%

Nutrients (% of daily need)

Calories: 192.02kcal (9.6%), Fat: 11.02g (16.96%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 18.96g (6.9%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 477.48mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Fiber: 3.35g (13.42%), Manganese: 0.19mg (9.34%), Potassium: 318.97mg (9.11%), Vitamin B3: 1.65mg (8.27%), Vitamin B6: 0.13mg (6.66%), Phosphorus: 56.99mg (5.7%), Vitamin C: 4.64mg (5.63%), Iron: 0.99mg (5.49%), Folate: 16.24µg (4.06%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.05mg (3.65%), Magnesium: 13.53mg (3.38%), Zinc: 0.25mg (1.64%), Vitamin B2: 0.02mg (1.36%), Copper: 0.03mg (1.28%)