



## Salty Rosemary Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

### Ingredients

- 2 large baking potatoes
- 2 teaspoons rosemary dried
- 1 large garlic clove minced
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil
- 0.8 teaspoon pepper freshly ground

### Equipment

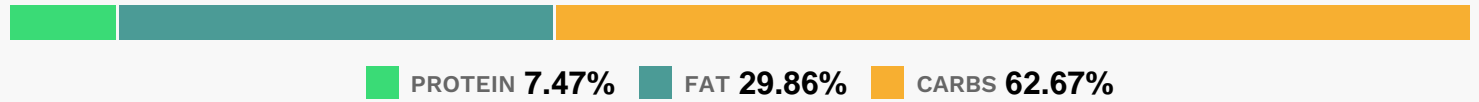
- baking sheet

oven

## Directions

- Cut each potato lengthwise into 10 to 12 wedges.
- Drizzle with oil, and sprinkle with next 4 ingredients; toss to coat.
- Arrange potato wedges, skin side down, in a single layer on a baking sheet coated with cooking spray.
- Bake at 450 for 35 to 40 minutes or until golden brown.
- \*3/4 teaspoon iodized salt may be substituted for 1 1/2 teaspoons kosher salt.

## Nutrition Facts



## Properties

Glycemic Index:54.19, Glycemic Load:26.35, Inflammation Score:-3, Nutrition Score:8.4417390661395%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 209.86kcal (10.49%), Fat: 7.17g (11.03%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 31.33g (11.39%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 881.65mg (38.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin B6: 0.65mg (32.39%), Potassium: 778.08mg (22.23%), Manganese: 0.35mg (17.66%), Vitamin C: 10.78mg (13.07%), Magnesium: 43.4mg (10.85%), Phosphorus: 103.25mg (10.32%), Vitamin B1: 0.15mg (10.23%), Fiber: 2.53g (10.12%), Copper: 0.2mg (9.91%), Vitamin B3: 1.92mg (9.6%), Iron: 1.7mg (9.43%), Vitamin K: 8.16µg (7.77%), Vitamin E: 1.03mg (6.87%), Folate: 26.07µg (6.52%), Vitamin B5: 0.57mg (5.65%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.55mg (3.68%), Calcium: 28.25mg (2.83%), Selenium: 0.87µg (1.24%)