



San Francisco Garlic Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 4 garlic cloves minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2.3 pounds russet potatoes cut lengthwise into 3 x 1/3 x 1/3-inch batons
- ☐ 3 tablespoons vegetable oil divided

Equipment

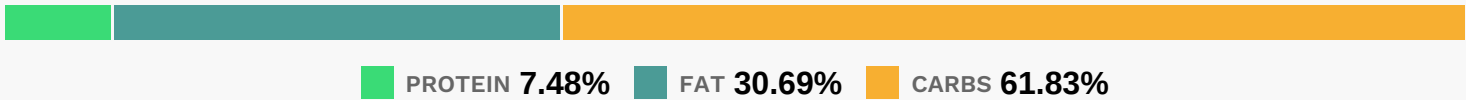
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F. Coat a large rimmed baking sheet with nonstick spray. Toss potatoes with 2 1/2 tablespoons oil in a large bowl and season with salt and pepper. Arrange in a single layer on baking sheet.
- ☐ Roast the potatoes, turning occasionally, until browned and tender, about 30 minutes. Increase heat to 500°F. Continue roasting until fries are deep brown in spots, about 5 more minutes.
- ☐ Whisk remaining 1/2 tablespoons oil, garlic, and parsley in a large bowl.
- ☐ Add hot fries, season with salt and pepper, and toss to coat.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.79, Glycemic Load:24.39, Inflammation Score:-3, Nutrition Score:9.2504347873771%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.2kcal (9.91%), Fat: 6.96g (10.71%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 29.22g (10.63%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 9.61mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin K: 37.63µg (35.84%), Vitamin B6: 0.61mg (30.66%), Potassium: 726.04mg (20.74%), Manganese: 0.32mg (15.77%), Vitamin C: 12.09mg (14.66%), Magnesium: 40.46mg (10.12%), Phosphorus: 97.54mg (9.75%), Vitamin B1: 0.14mg (9.65%), Fiber: 2.32g (9.29%), Copper: 0.18mg (9.22%), Vitamin B3: 1.79mg (8.97%), Iron: 1.59mg (8.84%), Folate: 25.92µg (6.48%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.59mg (3.91%), Zinc: 0.53mg (3.55%), Vitamin B2: 0.06mg (3.52%), Calcium: 28.02mg (2.8%), Vitamin A: 114.75IU (2.29%), Selenium: 0.97µg (1.39%)