



## Seasoned Grilled Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



33 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 2 tablespoons ancho chili powder
- 0.5 cup canola oil
- 2 teaspoons ground cumin
- 3 pounds idaho potatoes
- 8 servings catsup for serving
- 1 tablespoon kosher salt

### Equipment

- bowl

- baking sheet
- sauce pan
- grill

## Directions

- Cover the potatoes with cold water in a large saucepan and cook until almost tender.
- Drain and dry the potatoes.
- Cut each potato lengthwise into quarters.
- Place the potatoes on a baking sheet and brush both sides of the potatoes with oil.
- Combine the chili powder, salt, and cumin in a small bowl, and sprinkle over the potatoes. Grill the potato wedges for 3 to 4 minutes per side until golden brown.
- Serve with ketchup.

## Nutrition Facts



## Properties

Glycemic Index:11.22, Glycemic Load:24.18, Inflammation Score:-6, Nutrition Score:9.6169564827629%

## Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 181.79kcal (9.09%), Fat: 3.35g (5.15%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 33.06g (12.02%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 1050.25mg (45.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin B6: 0.65mg (32.73%), Potassium: 799.58mg (22.85%), Manganese: 0.33mg (16.74%), Vitamin A: 678IU (13.56%), Vitamin C: 10.36mg (12.56%), Iron: 2.2mg (12.23%), Fiber: 3g (12.02%), Magnesium: 45.9mg (11.48%), Vitamin B3: 2.23mg (11.15%), Copper: 0.21mg (10.65%), Phosphorus: 105.95mg (10.59%), Vitamin E: 1.51mg (10.04%), Vitamin B1: 0.15mg (9.95%), Vitamin K: 7.65µg (7.28%), Folate: 25.77µg (6.44%), Vitamin B2: 0.1mg (5.97%), Vitamin B5: 0.54mg (5.37%), Zinc: 0.63mg (4.21%), Calcium: 36.16mg (3.62%), Selenium: 1.22µg (1.75%)