

Seasoned Potato Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



249 kcal

SIDE DISH

Ingredients

- 2 medium baking potatoes cut into 1/4-inch strips
- 1 tablespoon garlic powder
- 1 tablespoon seasoning italian
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

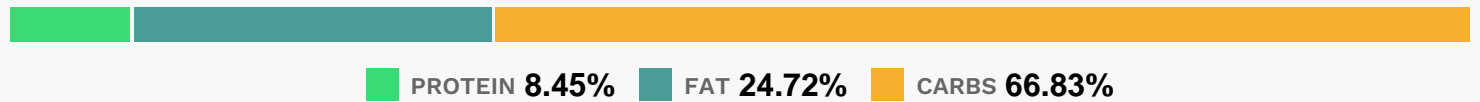
- baking sheet

- oven
- ziploc bags

Directions

- Place potato strips in a large resealable plastic bag; add oil. Seal bag and shake gently to coat.
- Add seasonings; shake again.
- Place seasoned strips on a baking sheet coated with cooking spray.
- Bake potato strips at 425° for 25 minutes or until crispy.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:30.46, Inflammation Score:-4, Nutrition Score:12.457826083121%

Nutrients (% of daily need)

Calories: 248.87kcal (12.44%), Fat: 7.11g (10.95%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.03g (14.19%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 304.41mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin B6: 0.83mg (41.39%), Vitamin K: 32.31µg (30.77%), Potassium: 970.81mg (27.74%), Manganese: 0.53mg (26.55%), Fiber: 4.25g (17.02%), Iron: 3.01mg (16.7%), Vitamin C: 12.25mg (14.84%), Magnesium: 59.26mg (14.81%), Phosphorus: 137.8mg (13.78%), Vitamin B1: 0.2mg (13.12%), Copper: 0.26mg (13%), Vitamin B3: 2.36mg (11.78%), Folate: 37.67µg (9.42%), Calcium: 72.06mg (7.21%), Vitamin E: 1.06mg (7.09%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.81mg (5.39%), Vitamin B2: 0.09mg (5.27%), Selenium: 1.93µg (2.76%)