

What She Ate

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Shoestring Fries with Garlicky Dijon Mayo



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

217 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds baking potatoes
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons canola mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon sherry vinegar
- ☐ 1.5 teaspoons whole-grain dijon mustard

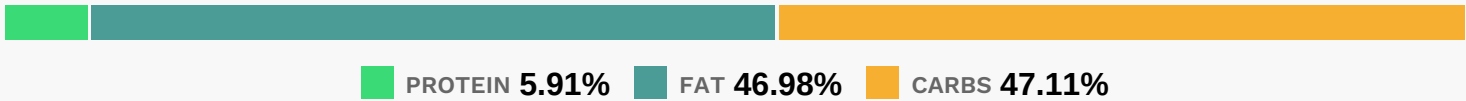
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine vinegar and garlic in a small bowl; let stand 5 minutes. Stir in mayonnaise, mustard, and parsley.
- ☐ Cut potatoes lengthwise into 1/4-inch-thick slices; stack slices and cut lengthwise into 1/4-inch-thick strips.
- ☐ Place in a large bowl; cover with hot water.
- ☐ Let stand 10 minutes.
- ☐ Drain potatoes; pat dry with paper towels.
- ☐ Combine potatoes, oil, and salt in a large bowl; toss gently to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 35 minutes; carefully turn over and bake an additional 10 minutes or until lightly browned.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:20.25, Inflammation Score:-2, Nutrition Score:7.2691304612419%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg

Nutrients (% of daily need)

Calories: 216.83kcal (10.84%), Fat: 11.53g (17.75%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 26.03g (8.68%),
Net Carbohydrates: 24.09g (8.76%), Sugar: 0.97g (1.08%), Cholesterol: 4.41mg (1.47%), Sodium: 240.04mg
(10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin B6: 0.5mg (25.02%), Vitamin K:
22.22µg (21.17%), Potassium: 599.7mg (17.13%), Manganese: 0.24mg (12.23%), Vitamin C: 8.36mg (10.13%),
Magnesium: 33.86mg (8.47%), Phosphorus: 83.45mg (8.35%), Vitamin B1: 0.12mg (8.16%), Fiber: 1.94g (7.76%),
Copper: 0.15mg (7.59%), Vitamin B3: 1.48mg (7.42%), Iron: 1.31mg (7.29%), Vitamin E: 0.87mg (5.8%), Folate:
20.56µg (5.14%), Vitamin B5: 0.45mg (4.55%), Zinc: 0.45mg (2.99%), Vitamin B2: 0.05mg (2.99%), Selenium: 1.55µg
(2.22%), Calcium: 22.04mg (2.2%)