



Southwest Oven Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- 1 teaspoon chili powder
- 26 oz extra-crispy fried potatoes frozen french
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground pepper black
- 10 servings chipotle ranch dip
- 0.3 teaspoon salt

Equipment

frying pan

oven

Directions

Preheat oven to 42

Arrange potatoes in a single layer on 2 lightly greased 15- x 10-inch jelly-roll pans.

Bake 15 minutes, placing 1 pan on middle oven rack and other on lower oven rack. Switch pans, and bake 12 to 15 more minutes or until lightly browned,

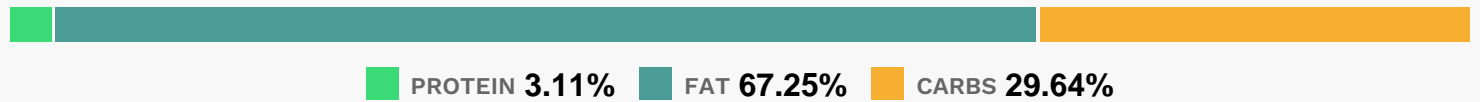
Stir together chili powder, cumin, black pepper, salt, and ground red pepper.

Sprinkle baked fries with chili powder mixture, tossing lightly.

Serve with Chipotle Ranch Dip.

Note: We tested with Ore-Ida Extra Crispy Fast Food Fries.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:6.4873912004025%

Nutrients (% of daily need)

Calories: 321.99kcal (16.1%), Fat: 24.43g (37.59%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 20.79g (7.56%), Sugar: 1.43g (1.59%), Cholesterol: 7.8mg (2.6%), Sodium: 693.09mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin K: 40.62µg (38.69%), Fiber: 3.44g (13.74%), Phosphorus: 113.96mg (11.4%), Manganese: 0.2mg (10.03%), Potassium: 344.18mg (9.83%), Vitamin B3: 1.7mg (8.51%), Vitamin B6: 0.15mg (7.39%), Iron: 1.18mg (6.54%), Vitamin B5: 0.64mg (6.41%), Vitamin C: 4.69mg (5.69%), Vitamin E: 0.76mg (5.08%), Folate: 17.55µg (4.39%), Vitamin B1: 0.06mg (4.03%), Magnesium: 15.68mg (3.92%), Vitamin B2: 0.05mg (3.05%), Selenium: 1.47µg (2.11%), Zinc: 0.31mg (2.07%), Vitamin A: 93.32IU (1.87%), Calcium: 17.18mg (1.72%), Copper: 0.03mg (1.69%)