



Spicy Chili French Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

Ingredients

- 1 teaspoon cayenne pepper
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 2 teaspoons onion granules dried
- 4 large russet potatoes peeled cut into 1/ fries
- 1 tablespoon salt
- 0.3 cup tomato-vegetable juice cocktail

- 0.3 cup vegetable oil
- 1 teaspoon sugar white

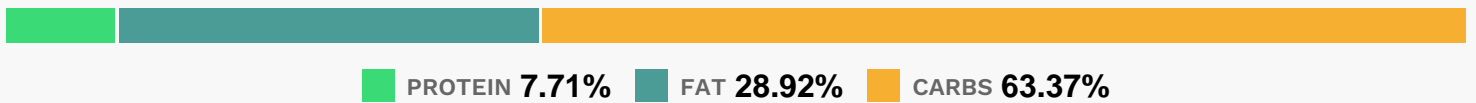
Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease a large baking sheet.
- Fill a large bowl with cold water, add the potatoes, and allow to soak for 10 minutes.
- Whisk together the oil, vegetable juice cocktail, chili powder, ground cumin, onion granules, garlic powder, cayenne pepper, sugar, and salt in a large bowl.
- Drain the potatoes, and pat dry with paper towels. Toss the potatoes with the oil and spice mixture; stir until evenly coated. Arrange fries in a single layer on the prepared baking sheet.
- Bake fries in preheated oven for 20 minutes. Turn and continue to bake until browned and crispy, about 20 additional minutes.

Nutrition Facts



Properties

Glycemic Index:57.04, Glycemic Load:53.4, Inflammation Score:-8, Nutrition Score:19.725217363109%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 433.38kcal (21.67%), Fat: 14.43g (22.2%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 71.15g (23.72%), Net Carbohydrates: 65.19g (23.71%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 1799.06mg (78.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Vitamin B6: 1.37mg (68.29%), Potassium: 1650.7mg (47.16%), Manganese: 0.68mg (33.78%), Vitamin K: 34.63µg (32.98%), Vitamin C: 24.49mg (29.68%), Fiber: 5.96g (23.85%), Magnesium: 93.86mg (23.47%), Iron: 4.05mg (22.53%), Phosphorus: 221.97mg (22.2%), Vitamin B1: 0.33mg (21.82%), Copper: 0.43mg (21.34%), Vitamin B3: 4.23mg (21.14%), Vitamin A: 879.43IU (17.59%), Vitamin E: 2.14mg (14.24%), Folate: 56.83µg (14.21%), Vitamin B5: 1.18mg (11.79%), Vitamin B2: 0.15mg (9.03%), Zinc: 1.28mg (8.55%), Calcium: 67.01mg (6.7%), Selenium: 2.33µg (3.33%)