



Totally Tangy Baked French Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 russet potatoes peeled cut into 1/ fries

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons spicy brown mustard

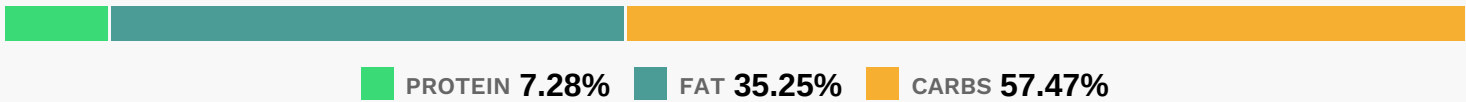
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, stir together the olive oil, lime juice, garlic, red pepper flakes, cayenne pepper, chili powder, mustard, and pepper.
- ☐ Add the potato slices, and stir until evenly coated. Arrange fries in a single layer on a large baking sheet.
- ☐ Bake for 20 minutes in the preheated oven. Then, turn the fries over, and continue to bake for 10 to 15 more minutes, until crispy and browned. Season with salt, and serve.

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:30.48, Inflammation Score:-5, Nutrition Score:11.309565150219%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 272.92kcal (13.65%), Fat: 11.07g (17.04%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 37.11g (13.49%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 687.52mg (29.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.29%), Vitamin B6: 0.78mg (39.05%), Potassium:

934.94mg (26.71%), Manganese: 0.44mg (22.04%), Vitamin C: 14.99mg (18.17%), Fiber: 3.51g (14.05%), Magnesium: 55.31mg (13.83%), Phosphorus: 131.61mg (13.16%), Vitamin B1: 0.2mg (13.08%), Vitamin E: 1.9mg (12.69%), Iron: 2.21mg (12.28%), Copper: 0.24mg (12.16%), Vitamin B3: 2.37mg (11.84%), Vitamin K: 11.64µg (11.09%), Folate: 31.52µg (7.88%), Vitamin B5: 0.69mg (6.92%), Vitamin A: 287.1IU (5.74%), Selenium: 3.8µg (5.43%), Vitamin B2: 0.09mg (5.1%), Zinc: 0.73mg (4.86%), Calcium: 40.41mg (4.04%)