



Ultimate Baked French Fries

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- 1 tablespoon basil fresh chopped
- 1 tablespoon garlic powder
- 1 tablespoon coarsely ground pepper black
- 0.3 cup parmesan cheese grated
- 2 large potatoes cut into 1/4-inch slices
- 1 tablespoon salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil; spray with cooking spray.
- Toss potatoes with vegetable oil in a large bowl.
- Add Parmesan cheese, garlic powder, basil, salt, and black pepper; toss to coat. Arrange seasoned potatoes on the prepared baking sheet.
- Bake in the preheated oven until fries are tender and lightly browned, 30 to 35 minutes.

Nutrition Facts



PROTEIN 9.92% **FAT 32.25%** **CARBS 57.83%**

Properties

Glycemic Index:47.69, Glycemic Load:23.85, Inflammation Score:-4, Nutrition Score:12.049130385985%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 238.99kcal (11.95%), Fat: 8.78g (13.51%), Saturated Fat: 2.08g (13%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 30.81g (11.2%), Sugar: 1.5g (1.67%), Cholesterol: 5.44mg (1.81%), Sodium: 1866.07mg (81.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin C: 36.46mg (44.19%), Vitamin B6: 0.59mg (29.38%), Manganese: 0.51mg (25.44%), Potassium: 833.88mg (23.83%), Vitamin K: 20.66µg (19.67%), Fiber: 4.63g (18.51%), Phosphorus: 155.72mg (15.57%), Magnesium: 49.09mg (12.27%), Copper: 0.24mg (11.78%), Vitamin B1: 0.16mg (10.65%), Vitamin B3: 1.99mg (9.94%), Iron: 1.76mg (9.77%), Calcium: 87.58mg (8.76%), Folate: 31.43µg (7.86%), Vitamin B5: 0.6mg (6.03%), Zinc: 0.89mg (5.95%), Vitamin B2: 0.09mg (5.09%), Selenium: 3.3µg (4.71%), Vitamin E: 0.64mg (4.26%), Vitamin A: 92.33IU (1.85%), Vitamin B12: 0.08µg (1.41%)