



Yummy Fries



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

Ingredients

- ☐ 22 oz flat-bottom ice-cream cone frozen
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon pepper
- ☐ 6 tablespoons ranch dressing

Equipment

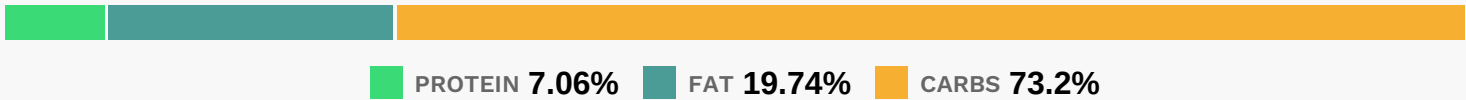
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Arrange fries in single layer on cookie sheet.
- ☐ Bake 17 to 23 minutes or until desired crispness.
- ☐ Meanwhile, in medium bowl, mix remaining ingredients except ranch dressing.
- ☐ Add baked fries; toss to coat.
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:65.15, Inflammation Score:-6, Nutrition Score:14.860434822738%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 485.14kcal (24.26%), Fat: 10.65g (16.39%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 88.88g (29.63%), Net Carbohydrates: 86.96g (31.62%), Sugar: 27.41g (30.46%), Cholesterol: 3.9mg (1.3%), Sodium: 640.42mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Vitamin K: 62.8µg (59.81%), Manganese: 0.79mg (39.36%), Folate: 150.18µg (37.54%), Vitamin B1: 0.54mg (35.86%), Iron: 4.84mg (26.9%), Vitamin B3: 5.31mg (26.56%), Vitamin B2: 0.44mg (25.73%), Copper: 0.29mg (14.45%), Phosphorus: 138.62mg (13.86%), Magnesium: 34.76mg (8.69%), Selenium: 5.64µg (8.06%), Fiber: 1.92g (7.66%), Vitamin B5: 0.58mg (5.81%), Zinc: 0.85mg (5.66%), Calcium: 54.27mg (5.43%), Potassium: 181.29mg (5.18%), Vitamin A: 216.76IU (4.34%), Vitamin C: 3.33mg (4.04%), Vitamin B6: 0.07mg (3.47%), Vitamin E: 0.43mg (2.86%)