

Oven Baked French Fries

(makes 2 servings)

Ingredients:

2 potatoes
15 ml vegetable oil
5 ml Garlic Plus (or other spices)

Directions:

1. Scrub 2 potatoes, and cut into strips
2. Place potatoes in a bowl with garlic plus, cover with lid.
3. Shake to coat.
4. Place on a baking sheet and bake at 425 F until golden brown.

Nutrition Facts	
Serving Size 222 g (1 potato)	
Amount Per Serving	
Calories 208	Calories from Fat 64
% Daily Value*	
Total Fat 7.1g	11%
Saturated Fat 1.0g	5%
Cholesterol 0mg	0%
Sodium 36mg	1%
Total Carbohydrates 33.5g	11%
Dietary Fiber 5.1g	20%
Sugars 2.5g	
Protein 3.6g	
Vitamin A 0%	
Vitamin C 70%	
Calcium 2%	
Iron 6%	
Nutrition Grade A-	
* Based on a 2000 calorie diet	