



A Nutrition Resource



SKINNY FRENCH FRIES

Yield: 8 Servings | Serving Size: 3/4

Cost/serving: \$0.38

Ingredients:

4 medium potatoes, skins on, cut into strips (great with sweet potatoes!)

1 Tablespoon vegetable oil

Salt and pepper to taste

Directions:

- 1) Preheat oven to 450°F.
- 2) Cut potatoes and pat dry on towels. (The less water on the potatoes, the crispier they will be.)
- 3) Put potatoes in a bowl and toss with oil and seasonings. Spread strips of potatoes in one layer in a 9 inch by 13-inch pan.
- 4) Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.



Nutrition Facts

8 servings per container

Serving size 3/4 cup (76g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D --mcg --%

Calcium 10mg 0%

Iron 1mg 6%

Potassium --mg --%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

