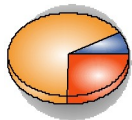


## Oven Fries, FODMAPS

Recipe grams: 1142.75g/40.3oz

Serves 6 190.46g/6.7oz per serving

Prep time: 10 min. Cook time: 45 min.



Protein: 9%  
Carbohydrates: 66%  
Fat: 25%

### INGREDIENTS

3 potato POTATOES, LARGE WITH FLESH & SKIN, RAW

0.13 servings Garlic Infused Olive Oil (2 Tablespoons)

1 tsp SEA SALT, coarse salt; no iodine

1/4 tsp BLACK PEPPER, GROUND

### DIRECTIONS

1. Preheat oven to 425 degrees.
2. Wash potatoes. Cut into wedges.
3. Microwave potato wedges in a microwave safe bowl for 5 minutes.
4. Remove bowl from microwave. Drizzle potatoes with garlic infused olive oil.\* Sprinkle salt and black pepper over potatoes plus any desired spices (except garlic or onion powders). Toss to coat.
5. Spread potatoes in a single layer on a parchment lined baking sheet.
6. Bake for 25 minutes then flip the potatoes and bake for an additional 15-20 minutes or until fork tender and lightly browned.

\*See Recipe for Garlic Infused Olive Oil

## Nutrition Facts

Serving Size: 1 serving (190.5g)

Servings: 1

### Amount Per Serving

Calories 180 Calories from Fat 45

% Daily Value\*

**Total Fat** 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 390mg 16%

**Total Carbohydrate** 32g 11%

Dietary Fiber 4g 16%

Sugars 1g

**Protein** 4g

Vitamin A 0% • Vitamin C 60%

Calcium 2% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.