

# Delicious Oven French Fries

**Makes:** 5 servings

These oven fries are crisp and seasoned with pepper, allspice, garlic powder, onion powder, and salt.

## Ingredients

**2 pounds** potatoes (large)

**8 cups** water (ice)

**1 teaspoon** garlic powder

**1 teaspoon** onion powder

**1/4 teaspoon** salt

**1 teaspoon** pepper (white)

**1/4 teaspoon** allspice

**1 teaspoon** pepper flakes (hot)

**1 tablespoon** vegetable oil

## Directions

1. Scrub potatoes and cut into 1/2 inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag.
5. Toss potatoes in spice mixture.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>250</b>
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	52 g
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes.
9. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

**Source:** US Department of Health and Human Services, SmallStep.gov Step 2: Eat Better