

# 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 large potatoes (about 2 pounds)
- 8 cups ice water
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1 teaspoon ground white pepper
- 1/4 teaspoon allspice
- 1 teaspoon hot pepper flakes
- 1 tablespoon vegetable oil

## Directions

1. Wash hands with soap and water.
2. Scrub potatoes and cut into 1/2 inch strips.
3. Place potato strips into ice water, cover, and chill for 1 hour or longer.
4. Preheat oven to 475 °F.
5. Remove potatoes and dry strips thoroughly.
6. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag.
7. Toss potatoes in spice mixture.
8. Brush potatoes with oil.
9. Place potatoes in nonstick shallow baking pan.
0. Cover with aluminum foil and place in preheated oven for 15 minutes.
1. Remove foil and continue baking uncovered for additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

## Notes

Learn more about:

- [Potatoes](#)

Source:

US Department of Health and Human Services

# Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Total Calories	144
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	141 mg
Carbohydrates	27 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	34 mg
Iron	1 mg
Potassium	642 mg

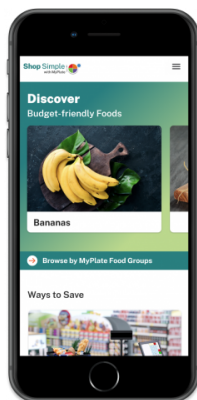
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

# MyPlate Food Groups



Vegetables1 cups



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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