

 Print

The Best Oven-Baked Fries



Making The Best Oven-Baked Fries is super easy and they are low FODMAP! Make sure to check out our variations, too. Note that the variations might yield fries that are no longer vegan, vegetarian, etc. Use your good judgement.

Course: Appetizer, Side Dish

Cuisine: American

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Makes: 4 Servings

Calories: 150 kcal

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Ingredients:

- 1 pound (455 g) russet potatoes (about 2 medium sized; see headnote above)
- 2 tablespoons oil canola, olive oil, or even garlic-infused
- Kosher salt

Preparation:

1. Preheat oven to 450°F/230°C. Line two rimmed baking sheet pans (commercial grade half-sheet pans) with parchment paper and lightly coat with nonstick spray.
2. Peel potatoes and cut into 3/8 inch (1 cm) slabs lengthwise, then stack a few slabs at a time and cut into classic French fry shapes 3/8 inch (1 cm) wide. Place potatoes in bowl, drizzle with oil and toss to coat well. Sprinkle lightly with salt (you can add more after, if you like) and toss again to coat evenly.
3. Scatter the fries on both pans, spacing evenly so that none are touching one another; don't get lazy here or you will end up with flaccid fries. Bake for 12 to 15 minutes, or until the bottoms of the fries are golden, then flip fries over and continue to bake for about 12 to 15 minutes more or until fries are golden brown on both sides and crispy. Serve immediately with extra salt, ketchup or check out our variations.

Notes:

Tips

- We love potatoes of all kinds and they have not shown any detectable FODMAPs in lab testing, so we know we can enjoy them. For this recipe please stick with the starchy Russet potatoes for best results.

Nutrition Facts

The Best Oven-Baked Fries

Amount Per Serving

Calories	150	Calories from Fat	63
% Daily Value*			
Fat	7g	11%	
Saturated Fat	1g	5%	
Sodium	6mg	0%	
Potassium	473mg	14%	
Carbohydrates	20g	7%	
Fiber	1g	4%	
Sugar	1g	1%	
Protein	2g	4%	
Vitamin C	6.4mg	8%	
Calcium	15mg	2%	
Iron	1mg	6%	

* Percent Daily Values are based on a 2000 calorie diet.