

# Crispy Garlic Fries

**Serving Size:** 1/2 cup      **Yield:** 6 servings

## Ingredients

- 2 medium baking potatoes, sliced thin
- 2 medium sweet potatoes, sliced thin
- 2 Tablespoons garlic powder

## Instructions

1. Preheat oven to 450 degrees.
2. Line 2 baking sheets with foil and spray with baking spray.
3. Position potato slices in one thin layer on baking sheets; sprinkle with 1 Tablespoon garlic powder.
4. Bake 15-20 minutes until bottoms begin to brown, turn potatoes and sprinkle with remaining garlic powder. Continue to bake 10-15 minutes or until browned and crisp.

## Cost

Per Recipe: \$1.61  
Per Serving: \$0.27

## Nutrition Facts

Serving Size: 1/6 of recipe  
Servings Per Recipe: 6

Amount Per Serving	
<b>Calories</b> 103	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 2% *	Vitamin C 4%
Calcium 2% *	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4