



## Alley Fries With Balsamic Glaze

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



1987 kcal

SIDE DISH

### Ingredients

- 2 cups balsamic vinegar
- 4 cups gouda cheese shredded
- 4 servings kosher salt and pepper freshly ground
- 1 pinch pepper flakes red
- 3 pounds russet potatoes peeled cut into fries
- 8 cups liquid shortening for frying

### Equipment

- baking sheet

- paper towels
- sauce pan
- kitchen thermometer
- broiler
- slotted spoon
- dutch oven

## Directions

- Make the balsamic glaze: Bring the vinegar to a simmer in a saucepan over medium-high heat. Simmer until syrupy and reduced to about 1/2 cup, 8 to 10 minutes; keep warm or at room temperature.
- Heat the oil in a heavy-bottomed pot or Dutch oven over medium heat until a deep-fryer thermometer registers 220 degrees F. Working in batches, add the potatoes and fry until slightly colored but still pale, about 5 minutes.
- Transfer to a baking sheet using a large slotted spoon; let cool.
- Increase the heat to bring the oil temperature to 350 degrees F. Working in batches, return the fries to the hot oil and fry until golden brown, 8 to 10 minutes.
- Transfer to a paper towel-lined baking sheet using a large slotted spoon. Season immediately with salt and pepper.
- Preheat the broiler.
- Transfer the fries to a heatproof platter or baking sheet.
- Sprinkle with the cheese and broil until it melts, about 2 minutes.
- Drizzle with some of the balsamic glaze and sprinkle with the red pepper flakes. Photograph by Kat Teutsch

## Nutrition Facts

 PROTEIN 13.47%  FAT 68.7%  CARBS 17.83%

## Properties

Glycemic Index:40.44, Glycemic Load:60.63, Inflammation Score:-9, Nutrition Score:41.135217314181%

## Nutrients (% of daily need)

Calories: 1987.05kcal (99.35%), Fat: 151.5g (233.08%), Saturated Fat: 56.33g (352.06%), Carbohydrates: 88.45g (29.48%), Net Carbohydrates: 84.02g (30.55%), Sugar: 26.42g (29.36%), Cholesterol: 269.71mg (89.9%), Sodium: 2178.19mg (94.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.82g (133.64%), Calcium: 1734.97mg (173.5%), Phosphorus: 1503.18mg (150.32%), Vitamin E: 14.18mg (94.51%), Zinc: 10.33mg (68.84%), Vitamin B6: 1.36mg (68.17%), Vitamin B12: 3.64µg (60.72%), Vitamin B2: 0.9mg (53.1%), Potassium: 1848.21mg (52.81%), Selenium: 35.67µg (50.96%), Magnesium: 162.2mg (40.55%), Manganese: 0.73mg (36.4%), Vitamin A: 1342.8IU (26.86%), Iron: 4.44mg (24.69%), Folate: 97.32µg (24.33%), Vitamin C: 19.39mg (23.5%), Copper: 0.47mg (23.46%), Vitamin B1: 0.35mg (23.33%), Vitamin B3: 3.67mg (18.36%), Vitamin B5: 1.83mg (18.29%), Fiber: 4.43g (17.72%), Vitamin K: 12.2µg (11.62%), Vitamin D: 1.18µg (7.89%)