



Bacon Cheese Fries

READY IN



90 min.

SERVINGS



4

CALORIES



1827 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces applewood bacon smoked thick cut
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon garlic chili sauce recommended: Sriracha
- ☐ 0.3 cup chives chopped for garnish
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 3 cups heavy cream
- ☐ 2 tablespoons onion minced

- ☐ 1 cup parmigiano-reggiano
- ☐ 3 russet potatoes
- ☐ 2 cups sharp cheddar white
- ☐ 5 cups vegetable oil for frying

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

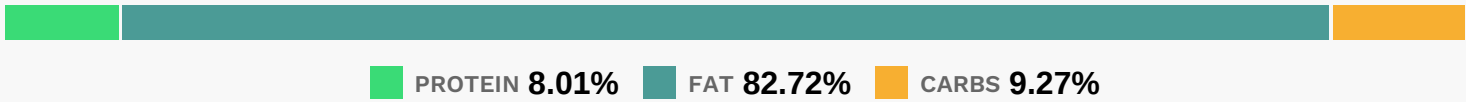
Directions

- ☐ Cut potatoes lengthwise in 1/4-inch squares. Soak cut potatoes in water for 1 hour to remove starch.
- ☐ Heat oil to 325 degrees F and blanch potatoes for 5 minutes until very soft but not brown.
- ☐ Remove from oil.
- ☐ Drain on paper towels.
- ☐ In a medium saute pan over medium heat, cook bacon until just crisp, taking care not to overcook.
- ☐ Drain on paper towels.
- ☐ In a 2 quart saucepan, melt butter over medium heat.
- ☐ Add onion and cook about 2 minutes.
- ☐ Add garlic and flour, whisk until smooth. Cook 2 minutes more.
- ☐ Add chili sauce and mustard, and slowly whisk in heavy cream. When mixture begins to simmer, add cheeses and remove from heat. Taste sauce for seasoning. If sauce is too thick, thin with more cream. If too thin, thicken with a little more cheese.
- ☐ Increase oil temperature to 375 degrees F. Fry potatoes a second time until crisp and golden brown.
- ☐ Remove from oil and drain again, season with salt immediately. On a large plate, arrange fries in the center, drizzle with sauce, top with crumbled bacon and chives.

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Serve immediately.

Nutrition Facts



Properties

Glycemic Index:99.44, Glycemic Load:26.68, Inflammation Score:-10, Nutrition Score:34.643478269162%

Flavonoids

Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 1827.21kcal (91.36%), Fat: 170.35g (262.08%), Saturated Fat: 75.44g (471.48%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 40.32g (14.66%), Sugar: 7.44g (8.26%), Cholesterol: 325.85mg (108.62%), Sodium: 1267.36mg (55.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.22%), Vitamin K: 116.97µg (111.4%), Calcium: 848.8mg (84.88%), Vitamin A: 3802.28IU (76.05%), Phosphorus: 704.69mg (70.47%), Selenium: 39.74µg (56.78%), Vitamin E: 7.12mg (47.45%), Vitamin B2: 0.8mg (46.9%), Vitamin B6: 0.83mg (41.39%), Potassium: 1035.19mg (29.58%), Zinc: 4.27mg (28.49%), Vitamin B1: 0.37mg (24.84%), Vitamin B12: 1.41µg (23.58%), Vitamin D: 3.49µg (23.27%), Magnesium: 86.22mg (21.55%), Vitamin B3: 4.03mg (20.13%), Manganese: 0.36mg (18.14%), Vitamin B5: 1.59mg (15.89%), Vitamin C: 13.08mg (15.86%), Folate: 57.95µg (14.49%), Iron: 2.46mg (13.68%), Copper: 0.25mg (12.74%), Fiber: 2.66g (10.64%)