



Bacon Ranch and Dill French Fries



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1255 kcal

SIDE DISH

Ingredients

- ☐ 1 pound add carrot and onion to bacon fat . cook
- ☐ 1 teaspoon optional: dill
- ☐ 1 package ranch seasoning
- ☐ 3 large baking potatoes julienne style cut
- ☐ 4 servings salt to taste

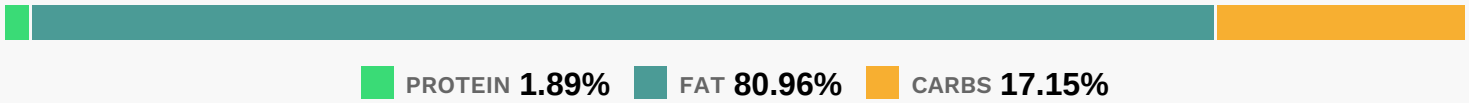
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Heat bacon grease in large skillet on medium high heat until sizzling.
- ☐ Place ranch mix and dill weed in large zippered plastic bag.
- ☐ Add potatoes and shake until well coated. Slowly add fries to hot grease. Reduce heat to medium. Cook for about 10 mins, or until bottom layer is nice and brown. Gently flip fries and gently stir as they continue to cook (about another 7-10 mins.) Lightly salt and serve immediately/

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:39.33, Inflammation Score:-2, Nutrition Score:12.493913079086%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1255.28kcal (62.76%), Fat: 113.05g (173.93%), Saturated Fat: 44.3g (276.89%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 50.3g (18.29%), Sugar: 1.72g (1.91%), Cholesterol: 107.73mg (35.91%), Sodium: 902.74mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin B6: 0.95mg (47.74%), Potassium: 1154.27mg (32.98%), Manganese: 0.44mg (21.77%), Vitamin C: 15.8mg (19.15%), Vitamin D: 2.84µg (18.9%), Magnesium: 63.67mg (15.92%), Phosphorus: 152.23mg (15.22%), Vitamin B1: 0.23mg (15.13%), Fiber: 3.6g (14.39%), Vitamin B3: 2.86mg (14.32%), Copper: 0.29mg (14.26%), Iron: 2.38mg (13.24%), Folate: 38.78µg (9.7%), Vitamin B5: 0.83mg (8.33%), Zinc: 0.93mg (6.19%), Vitamin B2: 0.09mg (5.38%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.71mg (4.72%), Calcium: 36.15mg (3.61%), Selenium: 1.11µg (1.58%)