



Belgian Fries with Sauce Andalouse



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



697 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 tablespoon bell pepper red finely chopped
- ☐ 3 lb baking potatoes (baking) (5 or 6)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste

- ☐ 4 cups vegetable oil for deep-frying

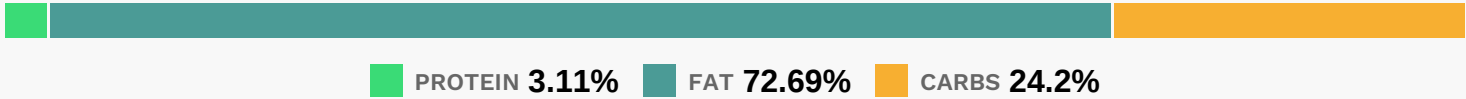
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Stir together all sauce ingredients and chill, covered, at least 1 hour to allow flavors to develop. Bring to room temperature before serving.
- ☐ Heat 2 inches of oil slowly in a 5- to 6-quart heavy pot over moderately low heat until thermometer registers 300°F.
- ☐ While oil is heating, peel potatoes, then cut lengthwise into 1/3-inch-thick sticks and submerge in a large bowl of ice and cold water. Rinse potatoes in several changes of cold water in bowl (more ice isn't necessary) until water is clear.
- ☐ Drain in a colander and spread potatoes out in 1 layer on several layers of paper towels to drain, then pat dry.
- ☐ When oil is ready, increase heat to moderately high and fry potatoes in 4 batches, turning, until just cooked through but still white, about 3 minutes. (Return oil to 300°F between batches.)
- ☐ Transfer as fried with a slotted spoon to dry paper towels to drain. Cool potatoes to room temperature, about 30 minutes.
- ☐ Reheat oil over moderately high heat until thermometer registers 375°F. Fry potatoes again in 4 batches, turning, until deep golden, 3 to 4 minutes. (Return oil to 375°F between batches.)
- ☐ Transfer as fried with a slotted spoon to dry paper towels to drain briefly, then season with salt and serve immediately, with sauce for dipping.
- ☐ •Sauce can be chilled up to 1 day. Bring to room temperature before serving. •Potatoes can be cut, but not fried, 6 hours ahead and kept submerged in bowl of cold water. •Fries can stand at room temperature between first and second frying up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:32.79, Inflammation Score:-6, Nutrition Score:15.989999978439%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 696.95kcal (34.85%), Fat: 57.22g (88.02%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 39.56g (14.39%), Sugar: 2.58g (2.86%), Cholesterol: 15.68mg (5.23%), Sodium: 387.7mg (16.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin K: 119.2µg (113.53%), Vitamin B6: 0.81mg (40.5%), Potassium: 1020.73mg (29.16%), Vitamin E: 3.89mg (25.93%), Vitamin C: 18.54mg (22.47%), Manganese: 0.38mg (19.16%), Magnesium: 55.6mg (13.9%), Phosphorus: 138.88mg (13.89%), Fiber: 3.29g (13.16%), Copper: 0.26mg (13.16%), Vitamin B1: 0.2mg (13.12%), Vitamin B3: 2.54mg (12.7%), Iron: 2.22mg (12.31%), Folate: 36.26µg (9.06%), Vitamin B5: 0.77mg (7.68%), Vitamin B2: 0.09mg (5.48%), Zinc: 0.76mg (5.07%), Calcium: 35.63mg (3.56%), Vitamin A: 162.35IU (3.25%), Selenium: 2.07µg (2.96%)