



Big Daddy's Cheesy Gravy Fries

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups beef stock
- ☐ 4 tablespoons butter divided
- ☐ 4 servings canola oil for frying
- ☐ 4 servings freshly chives chopped for garnish
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup gouda cheese smoked grated
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup marsala wine
- ☐ 2 pounds russet potatoes cleaned
- ☐ 2 tablespoons water

Equipment

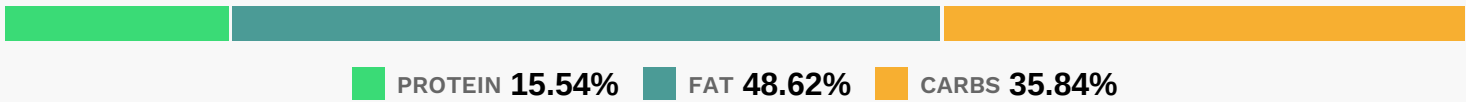
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to broil. In a deep-fryer or heavy-bottomed pot, heat enough canola oil to come halfway up the sides of the pot, to 375 degrees F.
- ☐ Slice the potatoes into 1/4-inch thick french fries. Fry in batches until golden brown and crispy; about 5 minutes.
- ☐ Drain on paper towel lined sheet tray and put them in a large baking dish. Season with salt and pepper, to taste.
- ☐ Melt 2 tablespoons of the butter in a medium-sized saucepan over medium-high heat. Stir in the flour and the garlic.
- ☐ Add the wine and beef stock and bring to a simmer.
- ☐ In a small bowl, combine the water and cornstarch. Slowly whisk the mixture into the stock and cook until thickened, roughly 2 to 3 minutes.
- ☐ Add salt and pepper, to taste.
- ☐ Remove the pan from heat, and stir in the remaining 2 tablespoons butter.

- ☐
- Ladle the gravy over the fries and sprinkle with the cheese.
- ☐
- Put the fries in the oven and bake until the cheese is melted and bubbling.
- ☐
- Remove the fries from oven, sprinkle with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:85.94, Glycemic Load:34.87, Inflammation Score:-7, Nutrition Score:19.447391188663%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 575.37kcal (28.77%), Fat: 30.68g (47.2%), Saturated Fat: 17.91g (111.96%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 47.74g (17.36%), Sugar: 4.43g (4.92%), Cholesterol: 97.53mg (32.51%), Sodium: 766.34mg (33.32%), Alcohol: 2.3g (100%), Alcohol %: 0.67% (100%), Protein: 22.07g (44.13%), Phosphorus: 488.4mg (48.84%), Calcium: 461.08mg (46.11%), Vitamin B6: 0.91mg (45.39%), Potassium: 1217.35mg (34.78%), Manganese: 0.46mg (22.85%), Vitamin B2: 0.38mg (22.58%), Zinc: 3.2mg (21.32%), Magnesium: 79.3mg (19.82%), Vitamin B1: 0.27mg (18.08%), Selenium: 12.4µg (17.72%), Vitamin B3: 3.45mg (17.25%), Vitamin C: 14.13mg (17.13%), Copper: 0.32mg (16.16%), Vitamin B12: 0.93µg (15.58%), Vitamin A: 729.38IU (14.59%), Iron: 2.62mg (14.54%), Folate: 54.38µg (13.6%), Fiber: 3.16g (12.64%), Vitamin K: 10.85µg (10.33%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 1mg (6.64%), Vitamin D: 0.3µg (1.97%)