



Big Daddy's Seasoned Wedged Fries



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon freshly dill leaves chopped
- ☐ 1 teaspoon porcini mushrooms dry
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 lemon zest
- ☐ 0.1 teaspoon ground mustard dry

- ☐ 1 teaspoon freshly parsley leaves chopped
- ☐ 12 servings vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon coarse pepper black
- ☐ 6 russet potatoes
- ☐ 1 teaspoon sea salt
- ☐ 12 servings french-fry seasoning
- ☐ 1 teaspoon sherry vinegar
- ☐ 1 teaspoon paprika smoked

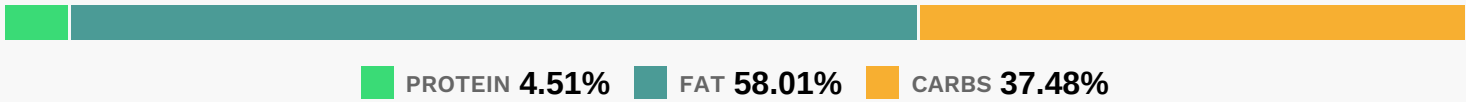
Equipment

- ☐ bowl

Directions

- ☐ Heat deep-fryer with peanut oil to 350 degrees F.
- ☐ Fry potatoes in a deep-fryer until golden brown and tender. Approximately 6 minutes. Toss with your choice of seasoning.
- ☐ Combine all the ingredients in a small bowl and set aside.
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Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:6.4226086599671%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 213.39kcal (10.67%), Fat: 14.17g (21.8%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 18.57g (6.75%), Sugar: 0.75g (0.84%), Cholesterol: 0mg (0%), Sodium: 393.48mg (17.11%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin B6: 0.39mg (19.4%), Vitamin E: 2.44mg (16.3%), Potassium: 471.62mg (13.47%), Manganese: 0.25mg (12.68%), Vitamin K: 8.84µg (8.42%), Vitamin C: 6.78mg (8.21%), Fiber: 2.03g (8.12%), Iron: 1.37mg (7.59%), Magnesium: 28.63mg (7.16%), Copper: 0.14mg (7.12%), Phosphorus: 62.65mg (6.27%), Vitamin B3: 1.23mg (6.15%), Vitamin B1: 0.09mg (6.12%), Folate: 18.22µg (4.55%), Vitamin B5: 0.43mg (4.29%), Calcium: 32.23mg (3.22%), Vitamin B2: 0.05mg (2.86%), Zinc: 0.38mg (2.56%), Vitamin A: 102.91IU (2.06%), Selenium: 0.74µg (1.06%)