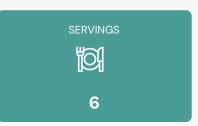


Buffalo Cheese Fries

Vegetarian







SIDE DISH

Ingredients

3 spring onion sliced

0.5 c	up cheese blue crumbled
1 cup	sauce of the chicken from the turbo broiler
1 tab	espoons butter
1 teas	spoon ground pepper
1 tab	lespoon chives chopped
1.5 ba	ags fries frozen french (crinkle cut or steak)
1 teas	spoon garlic salt

	6 servings pepper to taste
	1 tablespoons canola oil (or canola oil would work)
	1.5 cups sharp cheddar cheese grated
Ec	Juipment
	bowl
	frying pan
	baking sheet
	sauce pan
	baking paper
	oven
	wooden spoon
	broiler
Di	rections
	Heat oven to 450, line large baking sheet with parchment paper. Using a large bowl, add frozer french fries and drizzle with oil.
	Add garlic salt, cayenne powder and pepper. Use a wooden spoon to stir fries until well coated with oil and seasonings.
	Place seasoned fries in a single layer on baking sheet and bake for 20-25 minutes on middle rack, turning fries half way thru. While fries are baking, use a small saucepan heat buffalo sauce and butter over low heat until warm and butter is melted.
	Remove fries when crispy, turn oven to high broil and make sure you have a rack in the highest position. Leaving potatoes on the pan, drizzle with buffalo sauce then sprinkle with cheddar cheese and blue cheese evenly over the top
	Place pan of potatoes under broiler and watch closely until cheese is melted and bubbly , should only take about 2-3 minutes.
	Remove, let cool just 2 minutes, then sprinkle with onions and chives.
	Serve with a side of ranch dressing, and enjoy!

Nutrition Facts

Properties

Glycemic Index:51.56, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:6.3217390879341%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 196.36kcal (9.82%), Fat: 17.17g (26.42%), Saturated Fat: 8.93g (55.78%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.34g (0.37%), Cholesterol: 41.7mg (13.9%), Sodium: 1945.43mg (84.58%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.19g (18.39%), Calcium: 265.67mg (26.57%), Phosphorus: 177.32mg (17.73%), Vitamin K: 16.69µg (15.9%), Selenium: 9.73µg (13.89%), Vitamin A: 648.04IU (12.96%), Vitamin B2: 0.18mg (10.41%), Zinc: 1.38mg (9.17%), Vitamin B12: 0.44µg (7.34%), Vitamin E: 0.84mg (5.58%), Folate: 14.84µg (3.71%), Vitamin B5: 0.32mg (3.23%), Magnesium: 12.4mg (3.1%), Vitamin B6: 0.05mg (2.57%), Potassium: 78.35mg (2.24%), Vitamin C: 1.69mg (2.05%), Manganese: 0.04mg (1.81%), Vitamin D: 0.23µg (1.5%), Iron: 0.22mg (1.22%), Fiber: 0.3g (1.18%), Copper: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.11%)