



Buffalo Cheese Fries



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 cup sauce of the chicken from the turbo broiler
- ☐ 1 tablespoons butter
- ☐ 1 teaspoon ground pepper
- ☐ 1 tablespoon chives chopped
- ☐ 1.5 bags fries frozen french (crinkle cut or steak)
- ☐ 1 teaspoon garlic salt
- ☐ 3 spring onion sliced

- ☐ 6 servings pepper to taste
- ☐ 1 tablespoons canola oil (or canola oil would work)
- ☐ 1.5 cups sharp cheddar cheese grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Heat oven to 450, line large baking sheet with parchment paper.Using a large bowl, add frozen 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



 **PROTEIN 18.54%**  **FAT 77.94%**  **CARBS 3.52%**

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 Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg 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 %: 0% (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%)