



Chef John's French Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



2

CALORIES



921 kcal

SIDE DISH

Ingredients

- 1 baking potatoes cut into evenly sized strips
- 2 servings salt to taste
- 1 quart vegetable oil for frying

Equipment

- bowl
- paper towels
- sauce pan
- slotted spoon

Directions

- Soak potatoes in a large bowl of water for about 30 minutes. Pat dry thoroughly with paper towels.
- Heat oil in a deep-fryer or large saucepan to 275 degrees F (135 degrees C). Gently add the potatoes in the hot oil for about 5 minutes, stirring and flipping the potatoes occasionally.
- Remove potatoes from oil with a slotted spoon to drain on paper towel and to cool completely.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Fry the potatoes again until golden brown, 5 to 6 minutes. Blot with a paper towel.
- Sprinkle with salt to serve.

Nutrition Facts

PROTEIN 0.97% **FAT 90.83%** **CARBS 8.2%**

Properties

Glycemic Index:42.38, Glycemic Load:15.14, Inflammation Score:-6, Nutrition Score:10.919130491984%

Nutrients (% of daily need)

Calories: 920.71kcal (46.04%), Fat: 94.72g (145.72%), Saturated Fat: 14.46g (90.38%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 17.86g (6.49%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 199.12mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 175.95µg (167.57%), Vitamin E: 7.75mg (51.68%), Vitamin B6: 0.37mg (18.37%), Potassium: 444.14mg (12.69%), Manganese: 0.17mg (8.39%), Vitamin C: 6.07mg (7.36%), Magnesium: 24.5mg (6.13%), Phosphorus: 58.58mg (5.86%), Vitamin B1: 0.09mg (5.82%), Fiber: 1.38g (5.54%), Vitamin B3: 1.1mg (5.51%), Copper: 0.11mg (5.49%), Iron: 0.94mg (5.2%), Folate: 14.91µg (3.73%), Vitamin B5: 0.32mg (3.21%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.31mg (2.06%), Calcium: 13.97mg (1.4%)