



Cilantro French Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

Ingredients

- 3 cups cilantro leaves fresh chopped
- 1 quart oil for frying
- 3 large potatoes julienned
- 6 servings salt and pepper to taste

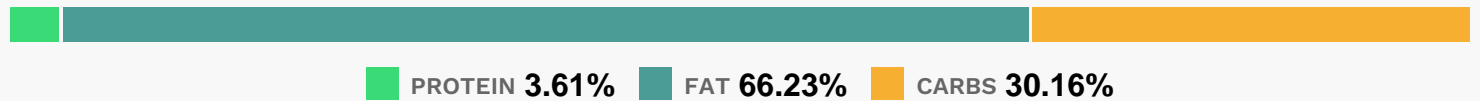
Equipment

- paper towels

Directions

- Heat oil in deep-fryer to 365 degrees F (185 degrees C).
- Place 1/3 potatoes in the fryer, and fry for about 5 to 8 minutes, or until almost done.
- Add 1/3 cilantro, and continue frying for 1 minute.
- Remove from oil, and drain on paper towels. Skim off any remaining cilantro. Repeat with remaining ingredients. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:23.62, Inflammation Score:-7, Nutrition Score:13.768260629281%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 422.76kcal (21.14%), Fat: 31.75g (48.85%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 28.24g (10.27%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 208.54mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Vitamin K: 50.8µg (48.38%), Vitamin C: 38.51mg (46.67%), Vitamin E: 5.74mg (38.26%), Vitamin B6: 0.56mg (27.81%), Potassium: 818.47mg (23.38%), Fiber: 4.28g (17.13%), Manganese: 0.32mg (15.84%), Magnesium: 44.52mg (11.13%), Phosphorus: 109mg (10.9%), Vitamin A: 543.53IU (10.87%), Copper: 0.22mg (10.87%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 2.03mg (10.17%), Iron: 1.58mg (8.79%), Folate: 34.48µg (8.62%), Vitamin B5: 0.59mg (5.92%), Vitamin B2: 0.07mg (4.24%), Zinc: 0.58mg (3.84%), Calcium: 27.62mg (2.76%)