

Creole French Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



21 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 4 servings creole pepper seasoning recommended: Paula Deen's
- ☐ 2 tablespoons dijon mustard
- ☐ 4 large idaho potatoes
- ☐ 2 tablespoons maple syrup
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.3 tablespoons rice wine vinegar
- ☐ 0.5 cup mustard stone ground prepared
- ☐ 0.3 cup mustard yellow prepared

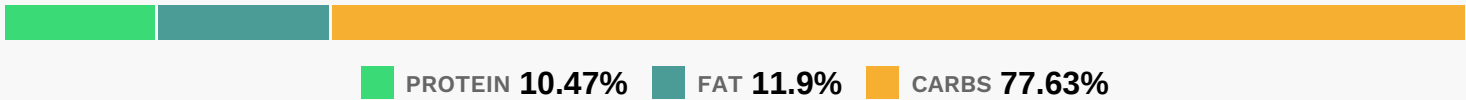
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oil to 375 degrees F.
- ☐ Using a large pot, boil potatoes with skins on until almost done. Allow to cool, and cut potatoes into long strips, approximately 1/4 to 1/2-inch wide and thick. In a large pot or fryer, par-fry the potatoes for 5 to 6 minutes. Potatoes should be limp.
- ☐ Remove potatoes and place onto paper towels and allow to drain.
- ☐ Place potatoes in oil for 3 to 5 minutes, or until brown.
- ☐ Remove fries from oil, drain on paper towel, and while still hot, season with Creole pepper seasoning and serve with Maple Mustard Dipping Sauce.
- ☐ Whisk all ingredients together and serve.
- ☐ Yields: 1 cup

Nutrition Facts



Properties

Glycemic Index:74.81, Glycemic Load:55.27, Inflammation Score:-8, Nutrition Score:22.002608879753%

Nutrients (% of daily need)

Calories: 382.86kcal (19.14%), Fat: 5.27g (8.11%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 77.42g (25.81%), Net Carbohydrates: 69.75g (25.36%), Sugar: 9.26g (10.28%), Cholesterol: 0mg (0%), Sodium: 616.03mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Vitamin B6: 1.36mg (67.97%), Manganese: 1.08mg (53.79%), Potassium: 1682.81mg (48.08%), Fiber: 7.67g (30.68%), Magnesium: 116.03mg (29.01%), Selenium: 20.08µg (28.69%), Vitamin B1: 0.42mg (27.88%), Vitamin C: 22.78mg (27.61%), Phosphorus: 267.37mg (26.74%), Iron: 4.2mg (23.35%), Vitamin B3: 4.31mg (21.53%), Copper: 0.43mg (21.38%), Vitamin B2: 0.3mg (17.82%), Vitamin A: 874.36IU (17.49%), Folate: 57.57µg (14.39%), Vitamin B5: 1.27mg (12.73%), Zinc: 1.54mg (10.25%), Calcium: 96.03mg (9.6%), Vitamin K: 9.08µg (8.65%), Vitamin E: 1.26mg (8.42%)