



## Crispy Coated Cajun Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



488 kcal

SIDE DISH

### Ingredients

- 2 tablespoons cajun spice
- 1 cup masa
- 2 tablespoons cornmeal
- 1 quart oil for deep frying
- 2 pounds russet potatoes cut into fries
- 6 servings salt to taste

### Equipment

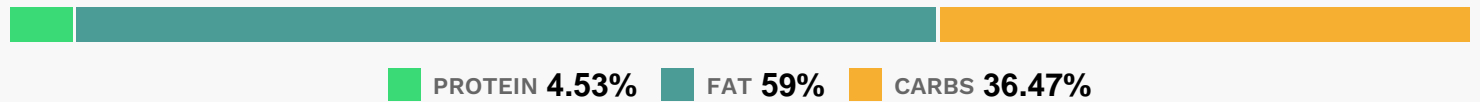
- bowl

- paper towels
- ziploc bags

## Directions

- Place cut potatoes into a large bowl of cold water. Soak for 10 minutes. In a large resealable plastic bag, combine the corn flour, corn meal, and Cajun seasoning. Shake the bag to blend.
- Drain the potatoes, but leave them wet.
- Place the fries in the plastic bag with the seasoning, and shake to coat.
- Heat the oil in a deep-fryer to 375 degrees F (190 degrees C).
- Cook fries in hot oil for 7 to 10 minutes, or until golden brown.
- Remove from the fryer to paper towels to drain. Season with a small amount of salt.

## Nutrition Facts



## Properties

Glycemic Index:28.04, Glycemic Load:23.01, Inflammation Score:-8, Nutrition Score:13.217391262884%

## Nutrients (% of daily need)

Calories: 488.25kcal (24.41%), Fat: 32.91g (50.63%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 41.43g (15.07%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 204.04mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Vitamin E: 6.25mg (41.67%), Vitamin B6: 0.68mg (34.15%), Vitamin K: 27.09µg (25.8%), Vitamin A: 1151.74IU (23.03%), Potassium: 745.31mg (21.29%), Manganese: 0.38mg (19.14%), Fiber: 4.33g (17.32%), Magnesium: 60.48mg (15.12%), Phosphorus: 139.36mg (13.94%), Vitamin B1: 0.18mg (12.32%), Iron: 2.18mg (12.11%), Vitamin B3: 2.2mg (10.99%), Copper: 0.22mg (10.77%), Vitamin C: 8.64mg (10.47%), Folate: 29.05µg (7.26%), Zinc: 0.99mg (6.61%), Vitamin B2: 0.1mg (5.91%), Vitamin B5: 0.57mg (5.71%), Selenium: 3.66µg (5.23%), Calcium: 51.61mg (5.16%)