



## Double Ranch Fries



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

### Ingredients

- ☐ 1 pinch garlic salt
- ☐ 1 cup milk
- ☐ 1 quart oil for frying or as needed
- ☐ 3 large potatoes scrubbed
- ☐ 1 ounce dressing mix dry ranch-style

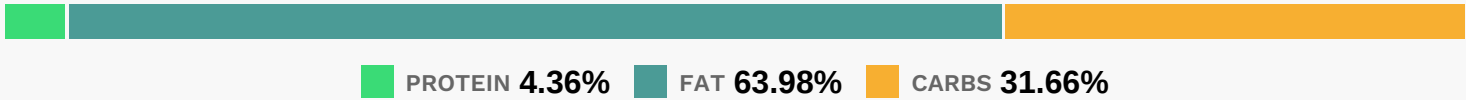
### Equipment

- ☐ bowl
- ☐ paper towels

# Directions

- ☐ Heat oil in a deep-fryer to 365 degrees F (185 degrees C).
- ☐ Cut potatoes into wedges or fries, and soak in a bowl with milk. Stir together the ranch dressing mix and garlic salt; place on a plate or in a bag.
- ☐ Drain potatoes, and roll in the seasonings to coat.
- ☐ Place potatoes into the deep-fryer in batches so they are not too crowded. Fry for 5 minutes, or until golden brown.
- ☐ Drain on paper towels, and season with leftover seasoning mixture.

## Nutrition Facts



## Properties

Glycemic Index:20.29, Glycemic Load:24.32, Inflammation Score:-5, Nutrition Score:12.93521744272%

## Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 458.46kcal (22.92%), Fat: 33.01g (50.79%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 32.7g (11.89%), Sugar: 3.4g (3.77%), Cholesterol: 4.88mg (1.63%), Sodium: 387.35mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin C: 36.35mg (44.06%), Vitamin E: 5.56mg (37.06%), Vitamin B6: 0.57mg (28.45%), Vitamin K: 26.12µg (24.88%), Potassium: 837.75mg (23.94%), Fiber: 4.06g (16.24%), Phosphorus: 146.24mg (14.62%), Manganese: 0.28mg (14.2%), Magnesium: 47.32mg (11.83%), Vitamin B1: 0.17mg (11.36%), Copper: 0.2mg (9.98%), Vitamin B3: 1.99mg (9.94%), Iron: 1.44mg (8%), Folate: 29.52µg (7.38%), Calcium: 72.16mg (7.22%), Vitamin B5: 0.7mg (6.98%), Vitamin B2: 0.12mg (6.77%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%), Selenium: 1.33µg (1.89%), Vitamin A: 69.57IU (1.39%)