



## Fenelon Poutine

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**1297 kcal**

**SIDE DISH**

### Ingredients

- 0.5 cup gravy or as needed
- 2 servings salt and ground pepper black to taste
- 1 tablespoon catsup to taste
- 0.5 cup lettuce shredded
- 2 tablespoons mayonnaise to taste
- 3 potatoes cut into fries
- 0.5 cup mozzarella cheese shredded to taste
- 1 quart vegetable oil for frying

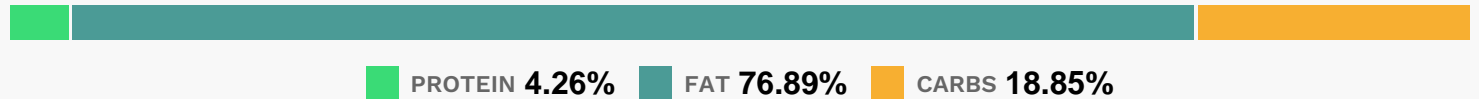
# Equipment

- bowl
- paper towels
- sauce pan

# Directions

- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). Fry potatoes in batches in the hot oil until tender and golden brown, about 5 minutes.
- Remove to drain on a plate lined with paper towels.
- Heat gravy in a small saucepan over medium heat until heated through, about 5 minutes.
- Spread a layer of fries into two bowls, sprinkle with cheese and add a small amount of gravy; repeat these layers once. Squirt each serving with 1 tablespoon mayonnaise and 1 1/2 teaspoons ketchup.
- Sprinkle each bowl with half the lettuce; season with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:112.38, Glycemic Load:41.18, Inflammation Score:-8, Nutrition Score:25.767391088216%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

# Nutrients (% of daily need)

Calories: 1296.92kcal (64.85%), Fat: 112.69g (173.36%), Saturated Fat: 20.34g (127.14%), Carbohydrates: 62.16g (20.72%), Net Carbohydrates: 54.87g (19.95%), Sugar: 5.81g (6.46%), Cholesterol: 32.72mg (10.91%), Sodium: 623.69mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin K: 208.3µg (198.38%), Vitamin C: 63.75mg (77.28%), Vitamin E: 8.43mg (56.19%), Vitamin B6: 0.97mg (48.69%), Potassium: 1416.96mg (40.48%), Fiber: 7.29g (29.17%), Phosphorus: 289.88mg (28.99%), Manganese: 0.54mg (27.04%),

Magnesium: 81.63mg (20.41%), Calcium: 185.67mg (18.57%), Vitamin B1: 0.27mg (18.25%), Copper: 0.36mg (18.15%),  
Vitamin B3: 3.53mg (17.64%), Iron: 2.77mg (15.41%), Folate: 59.69µg (14.92%), Zinc: 1.81mg (12.04%), Vitamin B2:  
0.2mg (11.84%), Vitamin B12: 0.66µg (10.92%), Vitamin B5: 1.03mg (10.31%), Selenium: 6.12µg (8.74%), Vitamin A:  
334.15IU (6.68%)