



## French Fried Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



788 kcal

SIDE DISH

## Ingredients

- ☐ 2 large russet potatoes peeled sliced into 1/4 inch strips
- ☐ 4 servings salt to taste
- ☐ 6 cups vegetable oil for frying
- ☐ 2 cups warm water
- ☐ 0.3 cup sugar white

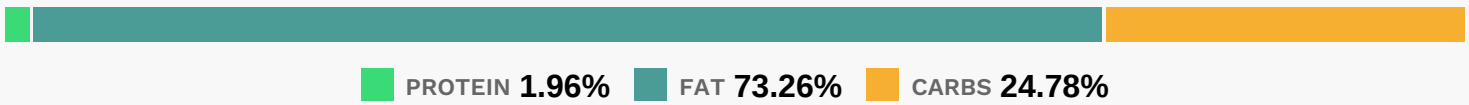
## Equipment

- ☐ bowl
- ☐ paper towels

# Directions

- ☐ In a medium bowl, dissolve the sugar in warm water. Soak potatoes in water mixture for 15 minutes.
- ☐ Remove from water, and dry thoroughly on paper towels.
- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ Add potatoes, and cook until golden, 5 to 6 minutes. drain on paper towels. Season with salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:38.71, Glycemic Load:37.86, Inflammation Score:-6, Nutrition Score:13.482608724224%

## Nutrients (% of daily need)

Calories: 788.06kcal (39.4%), Fat: 65.6g (100.92%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 47.54g (17.29%), Sugar: 17.78g (19.75%), Cholesterol: 0mg (0%), Sodium: 209.1mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin K: 123.59µg (117.71%), Vitamin E: 5.37mg (35.79%), Vitamin B6: 0.64mg (31.83%), Potassium: 769.74mg (21.99%), Manganese: 0.29mg (14.54%), Vitamin C: 10.52mg (12.75%), Magnesium: 43.62mg (10.91%), Copper: 0.21mg (10.51%), Phosphorus: 101.47mg (10.15%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.4g (9.59%), Vitamin B3: 1.91mg (9.55%), Iron: 1.61mg (8.94%), Folate: 25.83µg (6.46%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.55mg (3.66%), Calcium: 27.82mg (2.78%), Selenium: 0.84µg (1.2%)