



## French Fries



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



661 kcal

SIDE DISH

## Ingredients

- ☐ 2 pounds baking potatoes peeled (russet)
- ☐ 6 servings mayonnaise
- ☐ 8 cups vegetable oil

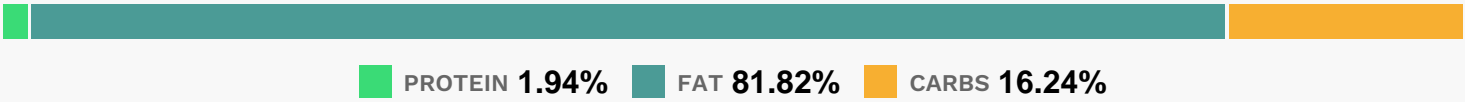
## Equipment

- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ slotted spoon

# Directions

- ☐ Heat 1 1/2 inches oil to 325°F in a 5-quart heavy pot over medium heat. While oil is heating, cut potatoes with slicer into 1/4-inch sticks.
- ☐ Fry potatoes in 5 batches for 1 1/2 minutes per batch (potatoes will not be golden) and transfer with a slotted spoon to paper towels to drain. (Return oil to 325°F between batches.)
- ☐ Heat oil to 350°F. Refry potatoes in 5 batches until golden and crisp, about 5 minutes per batch, and transfer to clean paper towels to drain. (Return oil to 350°F between batches.)
- ☐ Season fries with salt.
- ☐ If you don't have an adjustable- blade slicer, you can slice the potatoes with a knife lengthwise into 1/4-inch-thick slices, then cut into 1/4-inch sticks.

# Nutrition Facts



# Properties

Glycemic Index:22.46, Glycemic Load:21.5, Inflammation Score:-5, Nutrition Score:11.934347897282%

# Nutrients (% of daily need)

Calories: 660.54kcal (33.03%), Fat: 61.25g (94.23%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 25.38g (9.23%), Sugar: 0.96g (1.07%), Cholesterol: 1.68mg (0.56%), Sodium: 32.96mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin K: 116.15µg (110.62%), Vitamin E: 4.9mg (32.68%), Vitamin B6: 0.52mg (26.1%), Potassium: 631.29mg (18.04%), Manganese: 0.24mg (11.88%), Vitamin C: 8.62mg (10.45%), Magnesium: 34.82mg (8.7%), Phosphorus: 84mg (8.4%), Vitamin B1: 0.12mg (8.29%), Fiber: 1.97g (7.86%), Vitamin B3: 1.56mg (7.82%), Copper: 0.16mg (7.82%), Iron: 1.32mg (7.34%), Folate: 21.37µg (5.34%), Vitamin B5: 0.46mg (4.62%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.44mg (2.96%), Calcium: 19.98mg (2%)