



## French Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

## Ingredients



4 pounds idaho potatoes peeled



6 servings salt to taste



6 servings vegetable oil

## Equipment



paper towels

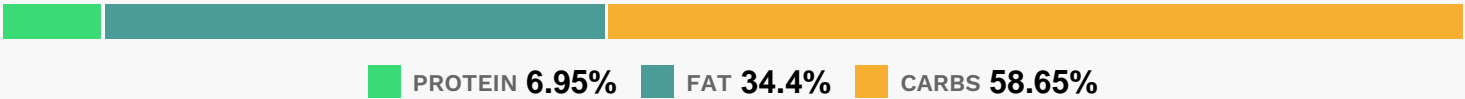


dutch oven

# Directions

- ☐ Cut potatoes into 1/4-inch-wide strips.
- ☐ Pour vegetable oil to a depth of 4 inches in a Dutch oven, and heat to 32
- ☐ Fry potato strips, in batches, until lightly golden, but not brown, 4 to 5 minutes per batch.
- ☐ Drain strips on paper towels.
- ☐ Heat oil to 37
- ☐ Fry strips, in small batches, until golden brown and crisp, 1 to 2 minutes per batch.
- ☐ Drain on clean paper towels.
- ☐ Sprinkle with salt, and serve immediately.
- ☐ Note: For testing purposes only, we used Wesson vegetable oil.
- ☐ Crinkle-
- ☐ Cut potatoes into 1/2-inch-wide strips with a waffle cutter. Fry as directed.
- ☐ Cut potatoes into 1/4-inch-thick slices with a waffle cutter. Fry as directed.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:42.98, Inflammation Score:-4, Nutrition Score:13.890434723671%

## Nutrients (% of daily need)

Calories: 362.65kcal (18.13%), Fat: 14.24g (21.91%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 50.71g (18.44%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 208.91mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin B6: 1.04mg (52.16%), Potassium: 1261.03mg (36.03%), Vitamin K: 31.19µg (29.7%), Manganese: 0.48mg (23.76%), Vitamin C: 17.24mg (20.89%), Magnesium: 69.56mg (17.39%), Phosphorus: 166.32mg (16.63%), Vitamin B1: 0.25mg (16.53%), Fiber: 3.93g (15.72%), Vitamin B3: 3.13mg (15.65%), Copper: 0.31mg (15.58%), Iron: 2.61mg (14.47%), Folate: 42.34µg (10.58%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 1.18mg (7.84%), Vitamin B2: 0.1mg (5.87%), Zinc: 0.88mg (5.85%), Calcium: 39.43mg (3.94%), Selenium: 1.21µg (1.73%)