

French Fries with Three Dips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp crème fraîche
- ☐ 2 tsp curry powder
- ☐ 2 tbsp dijon mustard
- ☐ 2 tsp rosemary leaves fresh chopped
- ☐ 0.5 cup catsup
- ☐ 0.5 cup mayonnaise
- ☐ 4 large potatoes
- ☐ 4 servings salt

- ☐ 4 servings salt and pepper to taste
- ☐ 4 servings salt and pepper white to taste
- ☐ 1 tsp vegetable oil
- ☐ 0.5 tsp wasabi

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ wax paper

Directions

- ☐ Turn your oven to 425°F.
- ☐ Peel the potatoes and cut them into equal sized sticks, about a 1/2 inch wide. Toss the pieces that are too small because they will burn in the oven.
- ☐ Rinse the potatoes pieces and place them in a large pot of boiling salted water. Boil for 2 minutes. Strain the potatoes and rinse them in cold water until they cool.
- ☐ Place the potato sticks on a layer of paper towels and let them dry off.
- ☐ Once dried, place the potatoes on a baking sheet lined with parchment paper. Dribble the oil on top and toss the potatoes with your hands until the oil is evenly distributed.
- ☐ Spread the potatoes evenly along the baking sheet, and make sure that the potato pieces are not touching each other.
- ☐ Bake the potatoes in the middle of your oven for about 30 minutes. Turn the potatoes after about 15 minutes so they get even color.
- ☐ Rosemary Mayonnaise
- ☐ Mix the mayo and rosemary.

- ☐ Let it sit for at least an hour in the fridge. When you are ready to serve the sauce, add salt and pepper to taste.
- ☐ Wasabi Mustard
- ☐ Mix the mustard and crème fraîche in a bowl and add the wasabi. Start with 1/4 tsp and taste the mixture. Then add the rest to desired spiciness. Keep in mind that the flavor will be enhanced the longer the dipping sauce sits.
- ☐ Let the mixture sit for at least an hour in the fridge. When you are ready to serve the sauce, add salt and pepper to taste.
- ☐ Curry Ketchup
- ☐ Mix the ketchup and curry, and let it sit for at least an hour in the fridge.
- ☐ Nothing says "party" like individual serving cups—they are easy for your guests to hold while mingling and look great.
- ☐ Serve the fries in decorative cones made out of any decorative paper or even something simple like a newspaper (why not the yellow pages?).
- ☐ Roll the paper into proportionate cones, line them with wax paper, and staple them at the edge.
- ☐ Serve the cones on a tray with the dipping sauces. Make the perfect tray yourself by punching holes in a box lid and placing the cones in the holes.
- ☐ Buy frozen French fries from your grocery store that just need to be heated or even ready-made ones from a restaurant. Get rid of the "evidence" and serve the fries in decorative cones with your homemade sauces.
- ☐ Chop fresh herbs and mix with the pommes when they come out of the oven. It looks, smells, and tastes great. You can also use different colored potatoes, such as red skinned, orange sweet potatoes, or blue potatoes of the delta blue variety.

Nutrition Facts



 **PROTEIN 6.29%**  **FAT 40.47%**  **CARBS 53.24%**

Properties

Glycemic Index:42.69, Glycemic Load:47.31, Inflammation Score:-7, Nutrition Score:23.35478256578%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 547.09kcal (27.35%), Fat: 25.17g (38.73%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 74.51g (24.84%), Net Carbohydrates: 65.58g (23.85%), Sugar: 9.97g (11.08%), Cholesterol: 18.84mg (6.28%), Sodium: 1140.28mg (49.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.59%), Vitamin C: 74.36mg (90.13%), Vitamin B6: 1.16mg (58.08%), Vitamin K: 56.91µg (54.2%), Potassium: 1688.95mg (48.26%), Fiber: 8.93g (35.73%), Manganese: 0.68mg (33.88%), Phosphorus: 245.15mg (24.52%), Magnesium: 96.9mg (24.22%), Copper: 0.45mg (22.35%), Vitamin B3: 4.41mg (22.06%), Vitamin B1: 0.32mg (21.39%), Iron: 3.5mg (19.43%), Folate: 66.35µg (16.59%), Vitamin B5: 1.22mg (12.21%), Vitamin B2: 0.2mg (11.88%), Vitamin E: 1.78mg (11.85%), Zinc: 1.3mg (8.67%), Calcium: 74.43mg (7.44%), Selenium: 5.13µg (7.33%), Vitamin A: 279.75IU (5.59%)