



French Fry Deluxe Salad

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 strips bacon
- 3 tablespoons dill pickle chopped
- 9 ounces curly fries frozen french
- 1 cup grape tomatoes halved
- 1.5 tablespoons catsup
- 4 servings kosher salt and pepper freshly ground
- 1.5 tablespoons malt vinegar
- 3 tablespoons mayonnaise
- 0.3 cup onion red thinly sliced

- 2 baby greens
- 0.3 cup sharp cheddar cheese shredded
- 0.3 teaspoon sugar
- 1 tablespoon mustard yellow

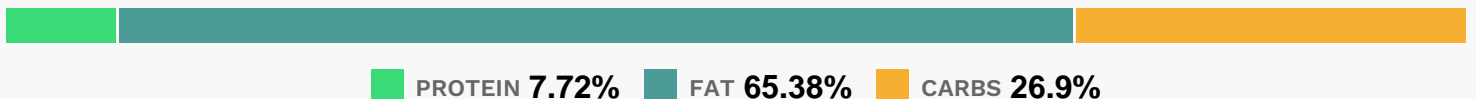
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Bake the french fries as the label directs until crisp.
- Let cool.
- Meanwhile, heat a large skillet over medium heat.
- Whisk the mustard, pickle, pickle juice, ketchup, mayonnaise, vinegar, sugar and 2 tablespoons water in a large bowl.
- Add 1/4 teaspoon salt, and pepper to taste.
- Add the french fries, bacon, tomatoes, red onion, romaine and cheddar cheese to the bowl with the dressing and toss to combine. Season with salt and pepper. Divide the salad among bowls.
- Sprinkle with sesame seeds, if desired.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:89.61, Glycemic Load:11.38, Inflammation Score:-10, Nutrition Score:17.203478201576%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 391.28kcal (19.56%), Fat: 28.91g (44.48%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 21.92g (7.97%), Sugar: 3.66g (4.07%), Cholesterol: 25.99mg (8.66%), Sodium: 1030.37mg (44.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin A: 5348.89IU (106.98%), Vitamin K: 78.4µg (74.67%), Folate: 101.14µg (25.28%), Fiber: 4.85g (19.41%), Potassium: 589.41mg (16.84%), Manganese: 0.32mg (15.83%), Vitamin C: 12.37mg (14.99%), Phosphorus: 149.89mg (14.99%), Vitamin B3: 2.83mg (14.15%), Vitamin B6: 0.27mg (13.71%), Selenium: 8.6µg (12.29%), Vitamin B1: 0.18mg (11.85%), Iron: 1.72mg (9.54%), Calcium: 85.97mg (8.6%), Magnesium: 31.74mg (7.93%), Vitamin B2: 0.13mg (7.66%), Zinc: 0.99mg (6.6%), Vitamin B5: 0.65mg (6.53%), Vitamin E: 0.86mg (5.76%), Copper: 0.1mg (4.75%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.15µg (1.01%)