



French Fry Franks

READY IN



45 min.

SERVINGS



18

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 cocktail franks
- 0.3 cup cornmeal
- 1 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 pound curly fries frozen french thawed
- 1 juice of lime hot (Asian chili sauce)
- 18 servings kosher salt and pepper freshly ground
- 0.3 cup mayonnaise
- 0.3 cup milk

- 0.3 teaspoon paprika
- 1 teaspoon sugar
- 18 servings vegetable oil for frying

Equipment

- bowl
- paper towels
- whisk
- pot
- kitchen thermometer
- slotted spoon
- wooden skewers

Directions

- Whisk the flour, cornmeal, sugar and paprika in a large bowl.
- Add the egg and milk and whisk to make a thick batter, adding more milk if the mixture is too dry.
- Add 1/4 teaspoon salt, and pepper to taste.
- Heat about 2 inches vegetable oil in a large pot over medium-high heat until a deep-fry thermometer registers 375 degrees F. Dip the franks in the batter, then carefully wrap a long curly fry around each. (If desired, thread the franks on wooden skewers before wrapping with fries.)
- Working in batches, fry the franks in the hot oil, turning, until golden on all sides, 3 to 4 minutes.
- Remove with a slotted spoon and drain on paper towels; sprinkle with salt.
- Whisk the Sriracha, lime juice and mayonnaise in a bowl.
- Serve with the franks.
- Photograph by Charles Masters

Nutrition Facts



 PROTEIN **6.95%**  FAT **62.67%**  CARBS **30.38%**

Properties

Glycemic Index:21.16, Glycemic Load:7.58, Inflammation Score:-1, Nutrition Score:3.2343478280565%

Nutrients (% of daily need)

Calories: 169.45kcal (8.47%), Fat: 11.92g (18.33%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.48g (4.18%), Sugar: 0.6g (0.67%), Cholesterol: 17.81mg (5.94%), Sodium: 435.19mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin K: 10.28µg (9.79%), Fiber: 1.52g (6.06%), Phosphorus: 58.55mg (5.86%), Manganese: 0.1mg (5.09%), Vitamin B3: 0.85mg (4.26%), Potassium: 147.55mg (4.22%), Iron: 0.75mg (4.18%), Vitamin B1: 0.06mg (3.88%), Vitamin B6: 0.07mg (3.6%), Folate: 14.38µg (3.59%), Selenium: 2.47µg (3.53%), Zinc: 0.43mg (2.88%), Vitamin B2: 0.05mg (2.71%), Magnesium: 10.81mg (2.7%), Vitamin E: 0.38mg (2.56%), Vitamin B5: 0.23mg (2.3%), Copper: 0.04mg (2.06%), Vitamin C: 1.6mg (1.94%), Calcium: 10.13mg (1.01%)