



French Fry Skordalia



Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

302 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup blanched almonds and
- ☐ 12 ounces curly fries frozen french
- ☐ 6 cloves garlic chopped
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin plus more for drizzling
- ☐ 8 servings pita chips and/or vegetable sticks for dipping

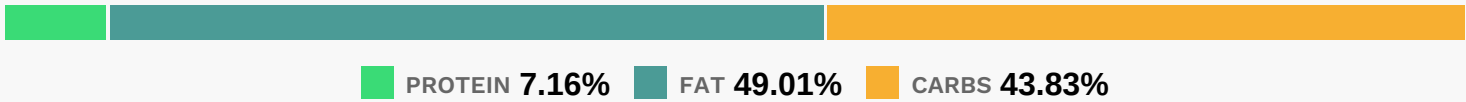
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the french fries on a baking sheet and bake until golden and warmed through, about 10 minutes.
- ☐ Put the garlic, almonds and olive oil in a food processor and pulse until finely ground.
- ☐ Add the french fries, lemon juice, 1 1/4 cups water and 1/2 teaspoon salt and pulse until almost smooth. Season with salt and pepper.
- ☐ Transfer to a bowl and drizzle with olive oil.
- ☐ Serve with pita chips and/or vegetables.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:11.79, Glycemic Load:7.23, Inflammation Score:-3, Nutrition Score:8.0408695681102%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 301.55kcal (15.08%), Fat: 16.74g (25.75%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 30.26g (11%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 642.52mg (27.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin E: 3.46mg (23.06%), Manganese: 0.39mg

(19.52%), Vitamin B3: 3.08mg (15.4%), Selenium: 9.93µg (14.18%), Fiber: 3.42g (13.69%), Vitamin B1: 0.2mg (13.41%), Folate: 49.89µg (12.47%), Iron: 2.04mg (11.33%), Phosphorus: 90mg (9%), Vitamin B2: 0.13mg (7.64%), Potassium: 257.68mg (7.36%), Magnesium: 29.28mg (7.32%), Vitamin B6: 0.14mg (7.06%), Vitamin C: 4.83mg (5.86%), Copper: 0.1mg (5.03%), Vitamin B5: 0.4mg (4%), Zinc: 0.55mg (3.69%), Vitamin K: 2.81µg (2.68%), Calcium: 22.26mg (2.23%)