



WHATSheATE



Fried Mashed Potato Sticks



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



417 kcal

SIDE DISH

Ingredients

- ☐ 3 cups water
- ☐ 7.2 oz creamy peanut butter mashed (just-add-water variety)
- ☐ 3 cups vegetable oil
- ☐ 1 serving ranch dressing

Equipment

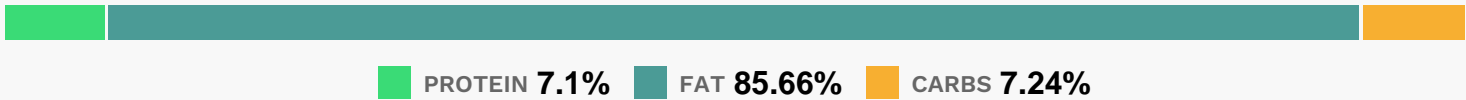
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

- ☐ sauce pan
- ☐ knife
- ☐ cookie cutter
- ☐ spatula

Directions

- ☐ In 2-quart saucepan, heat water to boiling. Turn off heat.
- ☐ Add potatoes.
- ☐ Mix to combine.
- ☐ Spread potatoes onto an ungreased rimmed half baking sheet or 13x9-inch pan. Smooth top with spatula.
- ☐ Place in freezer about 1 hour or until frozen.
- ☐ Using cookie cutter or sharp knife, cut out stick shapes. Return to freezer until oil is heated.
- ☐ In deep-fat fryer or heavy saucepan, heat oil over medium-high heat to 350°F.
- ☐ Carefully place frozen potato sticks into oil (being careful to not crowd pan) and cook until golden.
- ☐ Transfer cooked potato sticks to plate lined with paper towels to absorb excess oil.
- ☐ Serve with a side of dressing.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:9.2700000932521%

Nutrients (% of daily need)

Calories: 417.31kcal (20.87%), Fat: 41.41g (63.71%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 6.25g (2.27%), Sugar: 3.81g (4.23%), Cholesterol: 1.3mg (0.43%), Sodium: 196.91mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin K: 46.89µg (44.66%), Vitamin E: 4.99mg (33.29%), Manganese: 0.5mg (25.04%), Vitamin B3: 4.53mg (22.64%), Magnesium: 58.93mg (14.73%), Phosphorus: 124.63mg (12.46%), Copper: 0.16mg (8.14%), Vitamin B6: 0.15mg (7.63%), Folate: 29.46µg (7.36%), Fiber: 1.63g (6.53%), Zinc: 0.88mg (5.9%), Potassium: 195.07mg (5.57%), Vitamin B2: 0.07mg (4.08%), Vitamin B5: 0.4mg

(4.01%), Iron: 0.61mg (3.38%), Vitamin B1: 0.05mg (3.18%), Selenium: 1.57µg (2.24%), Calcium: 21.62mg (2.16%)