



## Garlic French Fries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



4318 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 3 qts canola oil (see Notes)
- ☐ 2 teaspoons garlic minced
- ☐ 0.8 cup parsley dry finely chopped (see Notes)
- ☐ 2 lbs russet potatoes peeled (2 or 3 large)
- ☐ 6 servings salt

## Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

## Directions

- ☐ Fill a large bowl halfway with water.
- ☐ Cut potatoes into long slices about 1/4 in. thick, then cut in 1/4-in.-thick sticks, dropping them into water as cut. Chill at least 2 hours or overnight.
- ☐ Drain and pat very dry.
- ☐ Pour about 3 in. of oil into an 8- to 10-qt. pot; bring to 325 over medium-high heat. With a slotted spoon, carefully lower a heaping spoonful of potatoes into oil. Cook, stirring occasionally to keep fries from sticking, until potatoes are tender to the bite and ends begin to turn golden, 3 to 5 minutes. Adjust heat as needed to maintain temperature. With a slotted spoon, transfer fries to a baking pan lined with paper towels. Allow oil to return to 325 and repeat with remaining potatoes, arranging them in a single layer (you'll need a second baking pan).
- ☐ Let cool completely, about 15 minutes. (At this point, you can wrap fries airtight and chill up to 1 day.)
- ☐ Preheat oven to 20
- ☐ Set a rack in a rimmed pan and put in oven.
- ☐ In a large bowl, combine garlic, parsley, and butter. Reheat oil in pot to 37
- ☐ Remove paper towels from underneath fries. With a slotted spoon, lower 2 spoonfuls of fries into oil and cook, stirring occasionally, until crisp and deep golden, 2 to 3 minutes. With a slotted spoon, transfer fries to rack in oven and keep warm. Allow oil to return to 375, and repeat with remaining potatoes.
- ☐ Gently mix fries with parsley mixture. Season to taste with salt.
- ☐ Serve immediately.

## Nutrition Facts



 PROTEIN **0.32%**  FAT **97.12%**  CARBS **2.56%**

Properties

Glycemic Index:32.79, Glycemic Load:21.66, Inflammation Score:-8, Nutrition Score:16.686086941834%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 4318.47kcal (215.92%), Fat: 474.71g (730.33%), Saturated Fat: 35.73g (223.33%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 25.89g (9.42%), Sugar: 1.01g (1.12%), Cholesterol: 3.58mg (1.19%), Sodium: 216.44mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin E: 82.92mg (552.78%), Vitamin K: 463.23µg (441.17%), Vitamin B6: 0.54mg (27.04%), Vitamin C: 18.91mg (22.92%), Potassium: 676.49mg (19.33%), Vitamin A: 675.05IU (13.5%), Manganese: 0.27mg (13.33%), Iron: 1.78mg (9.91%), Magnesium: 38.81mg (9.7%), Phosphorus: 89.44mg (8.94%), Fiber: 2.23g (8.94%), Vitamin B1: 0.13mg (8.83%), Copper: 0.17mg (8.5%), Vitamin B3: 1.67mg (8.35%), Folate: 32.65µg (8.16%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.53mg (3.55%), Vitamin B2: 0.06mg (3.47%), Calcium: 32.34mg (3.23%), Selenium: 0.77µg (1.1%)