

Garlic Fries

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



409 kcal

SIDE DISH

Ingredients

- 4 cups canola oil for frying
- 2 tablespoons parsley fresh chopped
- 2 tablespoons garlic chopped
- 6 servings kosher salt
- 2 tablespoons parmesan
- 3 russet potatoes
- 3 tablespoons butter unsalted

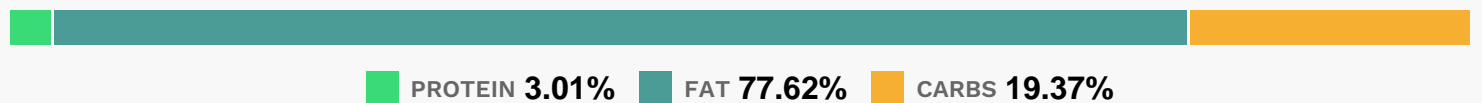
Equipment

- bowl
- pot
- deep fryer

Directions

- In a deep heavy pot or a deep fryer, add the oil and heat to 325 degrees F.
- Cut the potatoes lengthwise into 1/4-inch sticks.
- Put them in a bowl of cold water and let soak for 15 minutes.
- Drain and dry them well.
- Carefully drop the potatoes, in batches, in the hot oil. Cook until golden brown and cooked through, about 5 minutes.
- Drain well on brown paper.
- Let cool.
- Increase the oil temperature to 350 degrees F. When you are ready to serve, fry the potatoes again in the hotter oil until golden brown and crispy, 3 to 5 minutes.
- Drain well on brown paper. Meanwhile, in a small pot, melt the butter with the garlic.
- In a large bowl, toss a large handful of fries with some of the garlic butter.
- Sprinkle with the Parmesan, parsley, and salt while hot.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:8.9269565499347%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 409.33kcal (20.47%), Fat: 36.08g (55.51%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 18.78g (6.83%), Sugar: 0.72g (0.8%), Cholesterol: 16.18mg (5.39%), Sodium: 227.79mg (9.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin K: 45.64µg (43.47%), Vitamin E: 5.42mg (36.1%), Vitamin B6: 0.4mg (20.17%), Potassium: 465.44mg (13.3%), Manganese: 0.22mg (10.75%), Vitamin C: 8.68mg (10.52%), Phosphorus: 76.68mg (7.67%), Magnesium: 26.71mg (6.68%), Vitamin B1: 0.09mg (6.32%), Copper: 0.12mg (6.07%), Vitamin A: 301.57IU (6.03%), Fiber: 1.48g (5.94%), Iron: 1.06mg (5.89%), Vitamin B3: 1.15mg (5.73%), Folate: 17.34µg (4.34%), Calcium: 42.04mg (4.2%), Vitamin B5: 0.36mg (3.57%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.41mg (2.71%), Selenium: 1.25µg (1.79%)