



German-Style Fried Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons lager beer divided
- ☐ 12 servings coarse kosher salt
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup green onions fresh chopped (green parts only)
- ☐ 6 tablespoons olive oil divided
- ☐ 2.5 cups onions red divided finely chopped
- ☐ 4 pounds red-skinned potatoes unpeeled
- ☐ 3 tablespoons citrus champagne vinegar

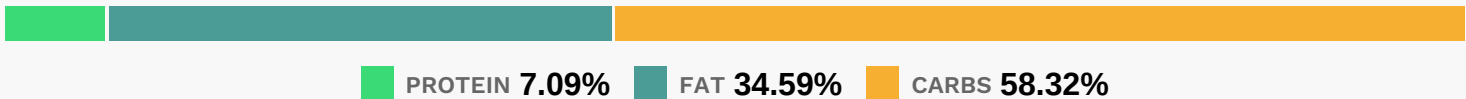
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook potatoes in large pot of boiling salted water until just tender when pierced with sharp knife, about 25 minutes.
- ☐ Drain. Refrigerate potatoes overnight.
- ☐ Cut potatoes into 1/2-inch cubes (do not peel).
- ☐ Whisk oil, vinegar, and mustard in small bowl to blend for vinaigrette.
- ☐ Heat 3 tablespoons lard in each of 2 large nonstick skillets over medium-high heat.
- ☐ Add half of potatoes to each skillet; sprinkle with coarse salt. Sauté until potatoes begin to brown, stirring frequently, about 7 minutes.
- ☐ Add 3 tablespoons beer, then 1 1/4 cups red onions to potatoes in each skillet; cook until beer evaporates, stirring occasionally, about 1 minute. Reduce heat to medium and sauté until potatoes are brown around edges, about 5 minutes.
- ☐ Pour half of vinaigrette over potatoes in each skillet and toss to coat.
- ☐ Remove from heat. Season to taste with salt and pepper.
- ☐ Transfer all potatoes to large bowl.
- ☐ Sprinkle with chives.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.04, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:7.5491305273836%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 186.99kcal (9.35%), Fat: 7.26g (11.17%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 24.33g (8.85%), Sugar: 3.4g (3.78%), Cholesterol: 6.65mg (2.22%), Sodium: 247.22mg (10.75%), Alcohol: 0.29g (100%), Alcohol %: 0.18% (100%), Protein: 3.35g (6.7%), Potassium: 745.31mg (21.29%), Vitamin C: 16.14mg (19.56%), Vitamin B6: 0.3mg (15.14%), Manganese: 0.27mg (13.42%), Fiber: 3.22g (12.87%), Copper: 0.22mg (10.96%), Phosphorus: 105.24mg (10.52%), Magnesium: 38.27mg (9.57%), Vitamin B1: 0.14mg (9.43%), Vitamin B3: 1.83mg (9.14%), Folate: 35.25µg (8.81%), Iron: 1.23mg (6.84%), Vitamin K: 6.9µg (6.57%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.58mg (3.87%), Vitamin B2: 0.06mg (3.52%), Calcium: 25.24mg (2.52%), Selenium: 1.4µg (2%), Vitamin A: 60.5IU (1.21%), Vitamin D: 0.17µg (1.17%)