



Grilled Steak Fries

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



488 kcal

SIDE DISH

Ingredients

- 3 tablespoons dijon mustard
- 1 Dash hot sauce
- 5 servings kosher salt and pepper black freshly ground
- 0.5 cup mayonnaise
- 0.3 cup olive oil
- 1 teaspoon neely's rub dry
- 4 large russet potatoes scrubbed well

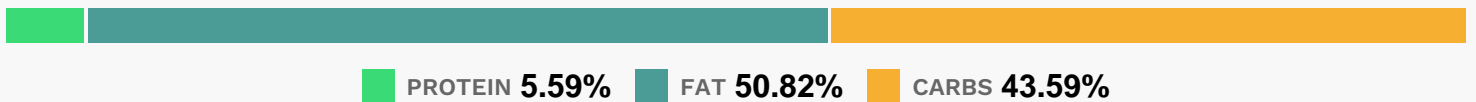
Equipment

- bowl
- whisk
- pot
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill to medium heat.
- Add the potatoes to a large pot of cold water. Bring potatoes to a boil over medium heat, then reduce the heat and simmer until the potatoes are just slightly tender but not cooked through about 10 to 12 minutes.
- Drain the potatoes and dry well. Slice the potatoes into thick wedges, about 6 per potato.
- In a large bowl, whisk together the olive oil, dry rub, and salt and pepper, to taste.
- Add the potato wedges and toss. Grill the potatoes until golden brown and crisp all over, about 10 to 12 minutes.
- Transfer the potatoes to a serving bowl or platter and serve with Creole Mustard Dipping Sauce.
- Combine all of the ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:42.06, Inflammation Score:-4, Nutrition Score:15.890869500844%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 487.97kcal (24.4%), Fat: 28.13g (43.28%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 49.98g (18.17%), Sugar: 2.1g (2.33%), Cholesterol: 9.41mg (3.14%), Sodium: 256.87mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin B6: 1.03mg (51.6%), Vitamin K: 51.85µg

(49.38%), Potassium: 1253.17mg (35.8%), Manganese: 0.54mg (27.14%), Vitamin C: 16.93mg (20.52%), Magnesium: 73.51mg (18.38%), Phosphorus: 177.63mg (17.76%), Vitamin B1: 0.26mg (17.5%), Fiber: 4.3g (17.18%), Iron: 2.94mg (16.34%), Copper: 0.32mg (15.98%), Vitamin E: 2.36mg (15.72%), Vitamin B3: 3.12mg (15.59%), Folate: 43.65µg (10.91%), Vitamin B5: 0.96mg (9.56%), Selenium: 4.79µg (6.84%), Zinc: 0.96mg (6.41%), Vitamin B2: 0.11mg (6.39%), Calcium: 50.37mg (5.04%)