



Grilled Steak Fries with Citrus-Thyme Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 1.5 teaspoons thyme leaves fresh finely chopped
- 2 cloves garlic smashed
- 1 tablespoon honey
- 4 servings kosher salt and pepper black freshly ground
- 0.5 teaspoon lemon zest fresh finely grated
- 1 cup mayonnaise
- 1 teaspoon orange zest finely grated

- 6 russet potatoes scrubbed
- 0.3 teaspoon paprika smoked

Equipment

- bowl
- whisk
- pot
- grill

Directions

- Watch how to make this recipe.
- In a small bowl, whisk together the mayonnaise, garlic, zests, thyme, paprika, honey and season with salt and pepper, to taste. Cover and refrigerate for at least 30 minutes before serving.
- Put the potatoes in a pot of cold water, add 2 tablespoons of salt and cook over medium heat until the potatoes are tender, but still firm, about 10 minutes.
- Drain, let cool and cut each potato lengthwise into 8 slices.
- Heat the grill to medium.
- Brush the potatoes with the oil and season with salt and pepper, to taste. Grill until golden brown and cooked through, about 2 to 3 minutes per side.
- Transfer to a serving platter or bowl and serve with the mayonnaise.

Nutrition Facts



PROTEIN 3.84% **FAT 64.05%** **CARBS 32.11%**

Properties

Glycemic Index:83.63, Glycemic Load:48.03, Inflammation Score:-8, Nutrition Score:19.797391171041%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 777.18kcal (38.86%), Fat: 56.19g (86.44%), Saturated Fat: 7.67g (47.97%), Carbohydrates: 63.37g (21.12%), Net Carbohydrates: 58.93g (21.43%), Sugar: 6.65g (7.39%), Cholesterol: 23.52mg (7.84%), Sodium: 372.24mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin K: 107.3µg (102.19%), Vitamin B6: 1.13mg (56.68%), Potassium: 1362.92mg (38.94%), Vitamin E: 4.36mg (29.06%), Manganese: 0.56mg (28.13%), Vitamin C: 20.91mg (25.35%), Phosphorus: 191.54mg (19.15%), Magnesium: 76.28mg (19.07%), Vitamin B1: 0.27mg (18.15%), Fiber: 4.44g (17.76%), Copper: 0.35mg (17.66%), Iron: 3.09mg (17.15%), Vitamin B3: 3.36mg (16.78%), Folate: 48.31µg (12.08%), Vitamin B5: 1.08mg (10.82%), Vitamin B2: 0.13mg (7.38%), Zinc: 1.06mg (7.08%), Calcium: 53.78mg (5.38%), Selenium: 2.84µg (4.06%), Vitamin A: 139.71IU (2.79%), Vitamin B12: 0.07µg (1.12%)