



Grilled Steak Fries with Malt Vinegar Aioli

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



770 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 4 servings salt and coarse pepper black freshly ground
- 1 tablespoon dijon mustard
- 1 tablespoon tarragon leaves fresh finely chopped
- 2 garlic cloves mashed
- 0.3 cup malt vinegar
- 1 cup mayonnaise prepared
- 6 russet potatoes scrubbed

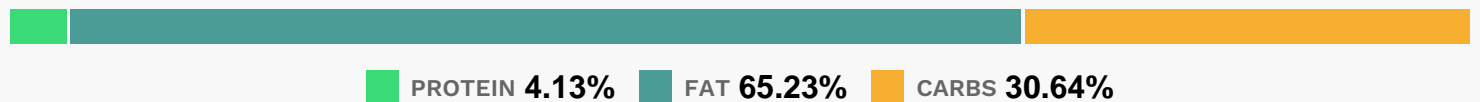
Equipment

- bowl
- whisk
- pot
- grill

Directions

- Whisk together the mayonnaise, vinegar, garlic, mustard, and tarragon and salt and pepper, to taste, in a bowl. 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 the over medium heat until tender, about 10 minutes.
- Drain, let cool and cut each potato lengthwise into 8 slices.
- Heat a grill to high.
- Brush the potatoes with the oil and season with salt and pepper, to taste, and grill until golden brown and cooked through, about 2 to 3 minutes per side.
- Transfer to a serving dish and serve with the aioli alongside.

Nutrition Facts



Properties

Glycemic Index:79.19, Glycemic Load:46.25, Inflammation Score:-5, Nutrition Score:20.684347665828%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 769.52kcal (38.48%), Fat: 56.4g (86.78%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 59.63g (19.88%), Net Carbohydrates: 55.16g (20.06%), Sugar: 2.37g (2.64%), Cholesterol: 23.52mg (7.84%), Sodium: 608.27mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin K: 107.09µg (101.99%), Vitamin B6: 1.17mg (58.51%), Potassium: 1408.36mg (40.24%), Manganese: 0.69mg (34.75%), Vitamin E: 4.33mg

(28.89%), Vitamin C: 19.57mg (23.72%), Magnesium: 82.46mg (20.61%), Phosphorus: 199.95mg (19.99%), Iron: 3.52mg (19.57%), Vitamin B1: 0.28mg (18.8%), Copper: 0.36mg (18%), Fiber: 4.48g (17.9%), Vitamin B3: 3.49mg (17.47%), Folate: 52.63µg (13.16%), Vitamin B5: 1.08mg (10.78%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.12mg (7.48%), Calcium: 72.1mg (7.21%), Selenium: 4.21µg (6.02%), Vitamin A: 115.89IU (2.32%), Vitamin B12: 0.07µg (1.12%)