



Grilled Steak Fries with Spicy Blue Cheese Dipping Sauce

 Vegetarian  Vegan  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb baking potatoes
- 0.5 cup roka cheese dressing blue kraft
- 1 tsp pepper sauce hot
- 0.3 cup tuscan house dressing italian divided kraft

Equipment

- knife
- grill

microwave

Directions

Heat grill to medium heat.

Prick potatoes in several places with fork or sharp knife. Microwave on HIGH 5 min. Cool 5 min.

Cut each potato lengthwise in half, then cut each piece into 6 lengthwise wedges.

Brush evenly with 2 Tbsp. Italian dressing.

Grill 3 to 4 min. on each side or until tender, brushing occasionally with remaining Italian dressing.

Mix remaining ingredients until blended.

Serve with potatoes.

Nutrition Facts



PROTEIN 10.34% **FAT 24.05%** **CARBS 65.61%**

Properties

Glycemic Index:3.39, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:1.323913042879%

Nutrients (% of daily need)

Calories: 32.01kcal (1.6%), Fat: 0.87g (1.34%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.99g (1.82%), Sugar: 0.56g (0.63%), Cholesterol: 0.05mg (0.02%), Sodium: 75.78mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin B6: 0.1mg (4.83%), Potassium: 115.98mg (3.31%), Manganese: 0.04mg (2.18%), Vitamin C: 1.72mg (2.08%), Vitamin K: 2.08µg (1.98%), Phosphorus: 19.41mg (1.94%), Magnesium: 6.73mg (1.68%), Vitamin B1: 0.02mg (1.59%), Iron: 0.27mg (1.48%), Copper: 0.03mg (1.45%), Vitamin B3: 0.29mg (1.44%), Fiber: 0.35g (1.42%)