



Hand-Cut French Fries

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



1122 kcal

SIDE DISH

Ingredients

- 8 servings crab boil seasoning (recommended: Old Bay)
- 8 servings herbs fresh
- 8 servings freshly garlic chopped
- 8 servings hot sauce
- 8 servings parmesan grated
- 8 servings parsley
- 24 ounces vegetable oil; peanut oil preferred
- 8 servings chile flakes red

- 3 large russet potatoes scrubbed well
- 8 servings sea salt and malt vinegar
- 8 servings truffle oil

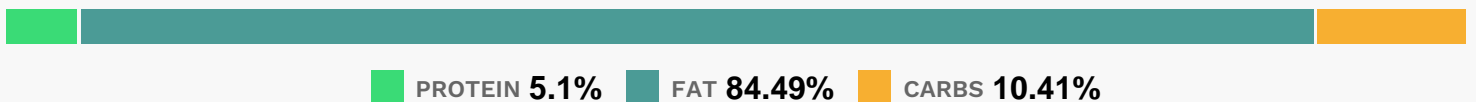
Equipment

- bowl
- frying pan
- paper towels
- kitchen thermometer

Directions

- Leaving the skin on, cut the potatoes into long thin strips and put in a large bowl of clean water to remove some starch, prevent them from sticking together, and stop the oxidizing process.
- In a cast iron skillet fitted with a thermometer, or a small fryer, heat the oil until it reaches 275 to 300 degrees F.
- Remove the potatoes from the water and pat dry. Working in small batches, fry the potatoes until they go from shiny to matte, 3 to 5 minutes (this is also called blanching).
- Drain well on paper towels. Re-heat the oil until it reaches 350 degrees F and fry the potatoes again, also in small batches, until they are golden brown and crispy on the outside but soft and chewy on the inside.
- Remove from the oil, drain well, and toss with sea salt and malt vinegar, or any other seasoning you prefer. You can also fry fresh herbs such as rosemary, sage, and thyme with the potatoes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.72, Glycemic Load:20.28, Inflammation Score:-8, Nutrition Score:23.046521642934%

Flavonoids

Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1121.65kcal (56.08%), Fat: 107.42g (165.27%), Saturated Fat: 21.39g (133.7%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 26.73g (9.72%), Sugar: 1.4g (1.56%), Cholesterol: 20.4mg (6.8%), Sodium: 722.56mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.15%), Vitamin K: 161.5µg (153.81%), Vitamin E: 16.3mg (108.67%), Calcium: 416.45mg (41.64%), Vitamin A: 1555.68IU (31.11%), Vitamin B6: 0.62mg (30.88%), Phosphorus: 302.97mg (30.3%), Vitamin C: 19.79mg (23.99%), Manganese: 0.46mg (22.89%), Potassium: 713.98mg (20.4%), Iron: 3.14mg (17.45%), Magnesium: 57.25mg (14.31%), Fiber: 3.05g (12.19%), Selenium: 8.29µg (11.84%), Vitamin B2: 0.18mg (10.54%), Copper: 0.21mg (10.5%), Zinc: 1.5mg (10.03%), Vitamin B1: 0.15mg (9.89%), Vitamin B3: 1.93mg (9.65%), Folate: 37.05µg (9.26%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.36µg (6%)