



Homemade French Fries with Five Dipping Sauces



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



654 kcal

SIDE DISH

Ingredients



4 servings roasted peppers sour red



3 pounds baking potatoes (baking) (5 or 6)



4 servings salt



4 cups vegetable oil for deep-frying

Equipment



bowl



baking sheet

- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Peel potatoes, then cut lengthwise into 1/3-inch-thick sticks, submerging in a large bowl of ice water. Rinse potatoes in several changes of cold water in bowl (more ice isn't necessary) until water is clear.
- ☐ Drain in a large colander.
- ☐ Spread potatoes out in a single layer on several layers of kitchen towels to drain, then pat dry.
- ☐ While potatoes are being rinsed and dried, heat 2 inches oil slowly in a 5- to 6-quart pot over medium-low heat until thermometer registers 300°F.
- ☐ When oil is ready, increase heat to high and fry potatoes in four batches, stirring occasionally, until just cooked through but still white, about 3 minutes. (Adjust heat to keep oil as close to 300°F as possible and return oil to 300°F between batches.)
- ☐ Transfer fried potatoes with a slotted spoon to a baking sheet lined with dry towels to drain. When all potatoes are fried once, cool potatoes to room temperature, about 30 minutes.
- ☐ Reheat oil over medium-high heat until thermometer registers 375°F. Fry potatoes again in four batches, stirring, and adjusting heat to keep oil as close to 375°F as possible, until deep golden, 3 to 4 minutes. (Return oil to 375°F between batches.)
- ☐ Transfer with slotted spoon to dry towels to drain briefly, then season with salt and serve immediately, with sauce(s) for dipping.
- ☐ •Potatoes can be cut 4 hours ahead and kept submerged in a bowl of cold water. •Fries can stand at room temperature between first and second frying for up to 2 hours. Fries can be made 2 hours ahead and left at room temperature. Reheat on a rimmed baking sheet in a heated 350°F oven

Nutrition Facts



 **PROTEIN 4.35%**  **FAT 58.93%**  **CARBS 36.72%**

Properties

Glycemic Index:21.19, Glycemic Load:48.35, Inflammation Score:-6, Nutrition Score:18.463478323558%

Nutrients (% of daily need)

Calories: 654.36kcal (32.72%), Fat: 43.88g (67.5%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 57.08g (20.76%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 224.49mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin K: 86.3µg (82.19%), Vitamin B6: 1.18mg (58.77%), Potassium: 1420.11mg (40.57%), Manganese: 0.54mg (26.81%), Vitamin C: 19.86mg (24.07%), Vitamin E: 3.6mg (24%), Magnesium: 78.36mg (19.59%), Phosphorus: 187.31mg (18.73%), Vitamin B1: 0.28mg (18.61%), Fiber: 4.43g (17.74%), Vitamin B3: 3.53mg (17.63%), Copper: 0.35mg (17.59%), Iron: 2.94mg (16.36%), Folate: 47.79µg (11.95%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.11mg (6.62%), Zinc: 0.99mg (6.59%), Calcium: 44.76mg (4.48%), Selenium: 1.36µg (1.95%)