



Hot Potato Chips with Blue Cheese Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



2487 kcal

SIDE DISH

Ingredients

- 0.5 pound cheese blue crumbled
- 1 pinch cayenne pepper
- 2 tablespoons flour all-purpose
- 6 large idaho potatoes peeled sliced lengthwise into 1/ slices on a mandoline
- 0.3 teaspoon kosher salt
- 1 small onion spanish finely chopped
- 2 quarts vegetable oil; peanut oil preferred
- 8 servings salt

- 2 tablespoons butter unsalted
- 2.3 cups milk whole

Equipment

- baking sheet
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- slotted spoon

Directions

- Watch how to make this recipe.
- Place the milk in a small saucepan and bring to a simmer over low heat.
- Heat the butter in a medium saucepan over medium heat.
- Add the onion and cook until soft. Stir in the flour and cook for 1 minute. Slowly whisk in the warm milk, and continue whisking until thickened. Season with salt and cayenne pepper. Continue cooking for 5 minutes, whisking occasionally.
- Remove from the heat and stir in the cheese. If the sauce is too thick, thin it with a little extra milk.
- Serve sauce warm with potato chips for dipping.
- Place the potato slices on a baking sheet between layers of paper towels to make sure they are very dry before frying.
- Heat oil in a large, heavy saucepan until the temperature of the oil reaches 400 degrees F on a deep-fat thermometer. Fry the potatoes in small batches until golden brown on both sides, turning once.
- Remove with a slotted spoon and place on a brown paper bag or another baking sheet lined with paper towels to drain. Season with salt immediately.
- Serve hot with the blue cheese dipping sauce.

Nutrition Facts



■ PROTEIN 2.3% ■ FAT 88.84% ■ CARBS 8.86%

Properties

Glycemic Index:35.47, Glycemic Load:41.95, Inflammation Score:-7, Nutrition Score:21.807391208151%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 2486.78kcal (124.34%), Fat: 250.01g (384.63%), Saturated Fat: 48.44g (302.74%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 52.33g (19.03%), Sugar: 5.54g (6.15%), Cholesterol: 37.02mg (12.34%), Sodium: 633.17mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin E: 37.37mg (249.1%), Vitamin B6: 1.06mg (52.77%), Potassium: 1345.49mg (38.44%), Phosphorus: 336.68mg (33.67%), Calcium: 273.39mg (27.34%), Manganese: 0.46mg (23.25%), Magnesium: 79.79mg (19.95%), Vitamin C: 16.43mg (19.92%), Vitamin B1: 0.29mg (19.5%), Vitamin B2: 0.31mg (18.07%), Vitamin B3: 3.35mg (16.74%), Vitamin B5: 1.6mg (16.02%), Copper: 0.3mg (15.2%), Fiber: 3.8g (15.2%), Iron: 2.65mg (14.71%), Folate: 54.16µg (13.54%), Zinc: 1.89mg (12.63%), Vitamin B12: 0.72µg (12.04%), Selenium: 7.24µg (10.34%), Vitamin A: 423.09IU (8.46%), Vitamin K: 7.82µg (7.45%), Vitamin D: 0.95µg (6.33%)