



Potato Baskets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

Ingredients



4 large baking potatoes



8 teaspoons cornstarch



8 servings vegetable oil

Equipment



food processor



paper towels

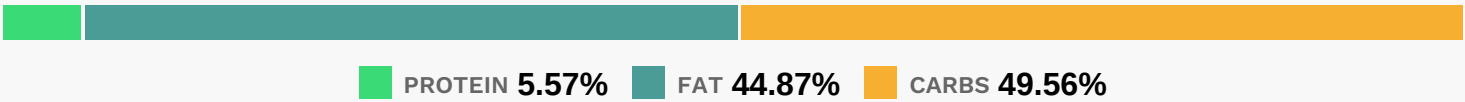


dutch oven

Directions

- ☐ Shred potatoes in a food processor. Soak in water to cover 1 hour, draining and adding fresh water every 15 minutes.
- ☐ Drain well.
- ☐ Toss potato with cornstarch.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven; heat to 37
- ☐ Dip a bird's-nest fryer into oil; drain. Arrange 2/3 cup potato mixture into lower basket; press upper basket onto potato to shape into a basket.
- ☐ Fry in hot oil 2 minutes or until golden; drain on paper towels. Repeat procedure 7 times with remaining potato mixture.
- ☐ Note: Two wire-mesh strainers may be substituted for fryer.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:26.22, Inflammation Score:-3, Nutrition Score:9.0352174267173%

Nutrients (% of daily need)

Calories: 277.14kcal (13.86%), Fat: 14.15g (21.77%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 32.75g (11.91%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 9.4mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Vitamin B6: 0.64mg (31.83%), Vitamin K: 29.07µg (27.68%), Potassium: 769.42mg (21.98%), Manganese: 0.29mg (14.54%), Vitamin C: 10.52mg (12.75%), Magnesium: 42.49mg (10.62%), Phosphorus: 101.74mg (10.17%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.42g (9.67%), Vitamin B3: 1.91mg (9.55%), Copper: 0.19mg (9.55%), Iron: 1.6mg (8.88%), Vitamin E: 1.16mg (7.76%), Folate: 25.83µg (6.46%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.06mg (3.58%), Zinc: 0.54mg (3.58%), Calcium: 24.02mg (2.4%), Selenium: 0.79µg (1.13%)