



Poutine

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

SIDE DISH

Ingredients

- 2 pounds baking potatoes cut into 4 x 1/4-inch strips (3 medium)
- 1.5 tablespoons butter melted
- 2 ounces cheese curds fresh
- 2 tablespoons duck fat
- 2 tablespoons flour all-purpose
- 0.5 teaspoon kosher salt divided
- 2 cups beef broth fat-free
- 6 ounces fat 50%

Equipment

- frying pan
- oven
- roasting pan

Directions

- Place a small roasting pan in the oven. Preheat oven to 45
- Carefully remove hot pan from oven. Melt fat in pan; add potatoes.
- Sprinkle potatoes with 1/4 teaspoon salt; toss.
- Bake at 450 for 45 minutes or until golden, turning once after 30 minutes.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Add sausage; cook 5 minutes or until browned, stirring to crumble.
- Combine butter and flour, stirring until smooth.
- Add butter mixture to sausage; cook 1 minute, stirring constantly. Slowly add broth to pan, stirring constantly; bring to a boil. Reduce heat; add remaining 1/4 teaspoon salt, and simmer 3 minutes or until slightly thick, stirring occasionally. Spoon gravy over fries; top with cheese curds.
- Sprinkle with parsley, if desired.

Nutrition Facts



PROTEIN 5.85% **FAT 70.45%** **CARBS 23.7%**

Properties

Glycemic Index:26.22, Glycemic Load:17.15, Inflammation Score:0, Nutrition Score:5.6826087265559%

Nutrients (% of daily need)

Calories: 366.84kcal (18.34%), Fat: 28.97g (44.57%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.4g (7.42%), Sugar: 0.71g (0.79%), Cholesterol: 36.63mg (12.21%), Sodium: 323.5mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin B6: 0.39mg (19.61%), Potassium: 595.54mg (17.02%), Manganese: 0.19mg (9.56%), Vitamin C: 6.46mg (7.83%), Vitamin B1: 0.11mg (7.19%), Magnesium: 26.55mg (6.64%), Calcium: 66.37mg (6.64%), Phosphorus: 65.02mg (6.5%), Vitamin B3: 1.29mg

(6.43%), Fiber: 1.52g (6.1%), Copper: 0.12mg (5.98%), Iron: 1.06mg (5.91%), Folate: 19.39µg (4.85%), Vitamin D: 0.69µg (4.57%), Vitamin B5: 0.35mg (3.52%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.37mg (2.45%), Vitamin K: 2.23µg (2.12%), Vitamin E: 0.29mg (1.92%), Selenium: 1.16µg (1.66%), Vitamin A: 66.73IU (1.33%)