



Poutine

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 10.3 ounce gravy canned
- ☐ 16 ounce fries frozen french
- ☐ 8 ounce cheddar cheese shredded

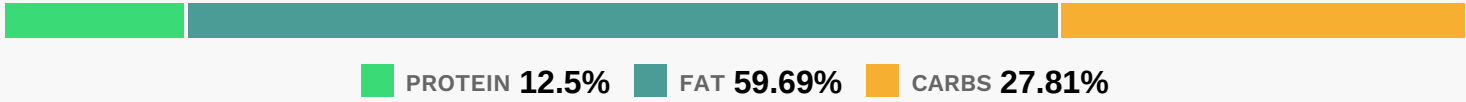
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Place French fries on a baking sheet, and bake for 15 to 20 minutes, or according to package instructions.
- ☐ Heat the gravy in a small saucepan over medium heat.
- ☐ Place the hot fries in a large serving bowl or on a platter.
- ☐ Pour the gravy over the fries.
- ☐ Sprinkle shredded cheese over the top.
- ☐ Serve when cheese has melted.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:12.72, Inflammation Score:-4, Nutrition Score:8.3391303342322%

Nutrients (% of daily need)

Calories: 371.12kcal (18.56%), Fat: 24.97g (38.42%), Saturated Fat: 11.1g (69.39%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 22.77g (8.28%), Sugar: 0.94g (1.05%), Cholesterol: 41.67mg (13.89%), Sodium: 839.45mg (36.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.53%), Calcium: 274.05mg (27.4%), Phosphorus: 231.33mg (23.13%), Selenium: 11.08µg (15.82%), Fiber: 3.4g (13.61%), Vitamin B2: 0.19mg (11.18%), Zinc: 1.64mg (10.91%), Potassium: 354.18mg (10.12%), Manganese: 0.18mg (8.77%), Vitamin B3: 1.71mg (8.57%), Vitamin B6: 0.16mg (8.11%), Vitamin A: 378.75IU (7.57%), Vitamin B12: 0.4µg (6.68%), Folate: 24.57µg (6.14%), Magnesium: 23.81mg (5.95%), Iron: 1.06mg (5.88%), Vitamin C: 4.76mg (5.77%), Vitamin B5: 0.56mg (5.64%), Vitamin B1: 0.07mg (4.46%), Vitamin E: 0.28mg (1.89%), Copper: 0.04mg (1.83%), Vitamin D: 0.23µg (1.51%)