



Real Poutine

 **Gluten Free**  **Popular**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



876 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.3 ounce gravy canned
- 2 cups cheese curds
- 5 medium potatoes cut into fries
- 1 quart vegetable oil for frying

Equipment

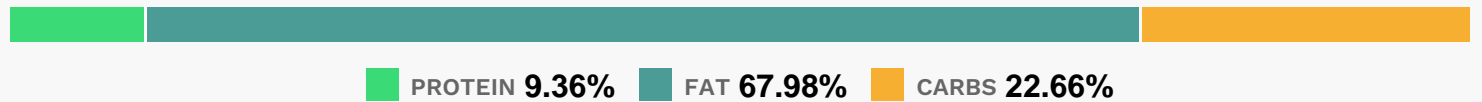
- frying pan
- paper towels
- ladle

deep fryer

Directions

- Heat oil in a deep fryer or deep heavy skillet to 365 degrees F (185 degrees C). While the oil is heating, you can begin to warm your gravy.
- Place the fries into the hot oil, and cook until light brown, about 5 minutes. Make the fries in batches if necessary to allow them room to move a little in the oil.
- Remove to a paper towel lined plate to drain.
- Place the fries on a serving platter, and sprinkle the cheese over them. Ladle gravy over the fries and cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:34.05, Inflammation Score:-6, Nutrition Score:19.588261043896%

Flavonoids

Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 875.86kcal (43.79%), Fat: 66.92g (102.96%), Saturated Fat: 18.01g (112.59%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 44.35g (16.13%), Sugar: 3.3g (3.67%), Cholesterol: 66.27mg (22.09%), Sodium: 711.99mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.46%), Vitamin K: 92.08µg (87.69%), Vitamin C: 52.45mg (63.58%), Calcium: 435.53mg (43.55%), Vitamin B6: 0.79mg (39.27%), Potassium: 1120.91mg (32.03%), Vitamin E: 3.9mg (25.98%), Fiber: 5.86g (23.43%), Manganese: 0.41mg (20.37%), Magnesium: 61.24mg (15.31%), Phosphorus: 151.76mg (15.18%), Copper: 0.29mg (14.38%), Vitamin B1: 0.21mg (14.2%), Vitamin B3: 2.81mg (14.03%), Iron: 2.09mg (11.59%), Folate: 42.6µg (10.65%), Vitamin B5: 0.79mg (7.88%), Zinc: 0.77mg (5.15%), Vitamin B2: 0.09mg (5.01%), Selenium: 0.8µg (1.14%)