



Salchipapas (Potato Fries and Hot Dogs)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 8 hotdogs
- ☐ 4 potatoes peeled
- ☐ 1 cup salsa rosada
- ☐ 4 servings salt
- ☐ 4 servings vegetable oil for frying

Equipment

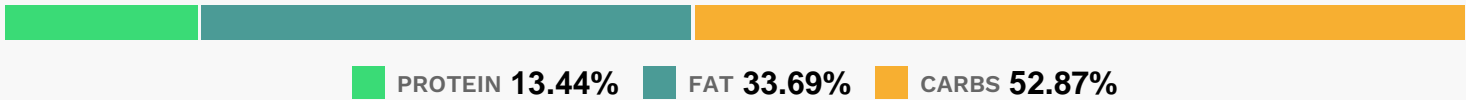
- ☐ bowl
- ☐ paper towels

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large heavy pot over medium high heat.
- ☐ Cut the potatoes into about 1/3 inch thick sticks and place them in a bowl with salted cold water.
- ☐ Drain and pat dry the potatoes and add to the hot oil in batches, turning until cooked and golden, for about 8 minutes.Meanwhile, cut the hotdogs crosswise into 3 pieces each and then cut small, ¼" deep crosses into the tips of those pieces and set aside.With a slotted spoon transfer the fries to a plate lined with paper towels and season with salt.
- ☐ Add the hot dogs to the oil and fry for about 2 minutes.
- ☐ Transfer them to a plate lined with paper towels.To serve, divide the fries and hotdogs in equal amounts and serve with salsa rosada on the side.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:31.88, Inflammation Score:-6, Nutrition Score:19.88826084137%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 429.91kcal (21.5%), Fat: 16.47g (25.34%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 52.3g (19.02%), Sugar: 4.14g (4.6%), Cholesterol: 40.5mg (13.5%), Sodium: 1248.57mg (54.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Vitamin C: 43.29mg (52.47%), Vitamin B6: 0.79mg (39.39%), Selenium: 25.07µg (35.82%), Potassium: 1195.87mg (34.17%), Vitamin B3: 6.32mg (31.61%), Vitamin B1: 0.41mg (27.28%), Manganese: 0.48mg (24.18%), Fiber: 5.86g (23.42%), Phosphorus: 231.31mg (23.13%), Iron: 4.06mg (22.56%), Folate: 80.78µg (20.19%), Vitamin B2: 0.34mg (20.06%), Magnesium: 70.44mg (17.61%), Copper: 0.34mg (17.13%), Zinc: 2.57mg (17.11%), Vitamin B5: 1.23mg (12.3%), Vitamin K: 11.93µg (11.36%), Vitamin B12: 0.47µg (7.8%), Vitamin E: 1.04mg (6.96%), Calcium: 65.48mg (6.55%), Vitamin A: 316.26IU (6.33%)