



Smothered French Fries

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

Ingredients

- 0.3 cup athenos cheese blue crumbled
- 0.3 cup knudsen cream sour
- 1 lb ore-ida golden fries ()
- 2 cloves garlic minced
- 2 green onions sliced
- 0.3 cup classic ranch dressing kraft
- 4 slices oscar mayer center cut bacon crumbled cooked

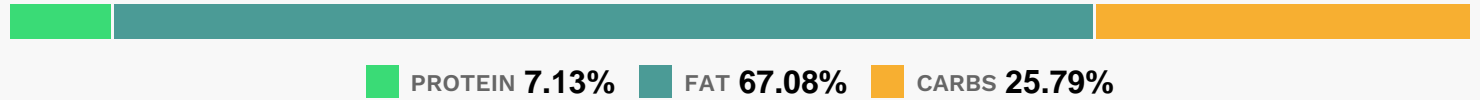
Equipment

oven

Directions

- Bake french fries as directed on package.
- Meanwhile, mix sour cream, dressing and garlic until blended.
- Place french fries on platter; top with sour cream mixture, cheese, bacon and onions.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:12.66, Inflammation Score:-2, Nutrition Score:7.6734782975653%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 381.24kcal (19.06%), Fat: 28.76g (44.25%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 21.36g (7.77%), Sugar: 0.93g (1.03%), Cholesterol: 28.31mg (9.44%), Sodium: 687.88mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin K: 21.98µg (20.93%), Phosphorus: 143.43mg (14.34%), Fiber: 3.53g (14.11%), Vitamin B3: 2.76mg (13.8%), Potassium: 420.42mg (12.01%), Vitamin B6: 0.23mg (11.55%), Manganese: 0.2mg (10.16%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.13mg (8.76%), Vitamin B5: 0.76mg (7.6%), Vitamin C: 5.91mg (7.17%), Iron: 1.23mg (6.81%), Folate: 22.22µg (5.56%), Vitamin B2: 0.09mg (5.5%), Calcium: 54.87mg (5.49%), Magnesium: 20.29mg (5.07%), Zinc: 0.76mg (5.05%), Vitamin B12: 0.23µg (3.76%), Vitamin A: 155.27IU (3.11%), Vitamin E: 0.4mg (2.66%), Copper: 0.05mg (2.32%)