



Spicy Cumin Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



827 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds crinkle-cut fries frozen french
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon sichuan peppercorns
- ☐ 0.5 cup chiles dried red such as cayenne or arbol chopped
- ☐ 4 scallions chopped
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons cumin seeds whole

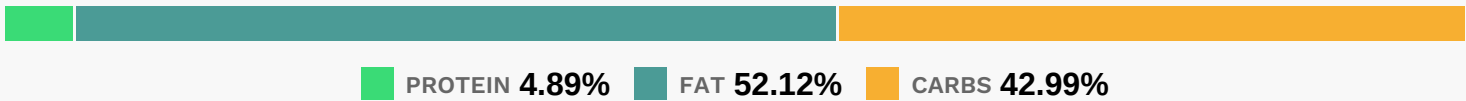
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Position racks in the upper and lower thirds of the oven and preheat to 450 degrees F. Line 2 rimmed baking sheets with foil, then divide the fries between them.
- ☐ Bake, tossing once or twice, until crisp and golden brown, 30 to 45 minutes.
- ☐ Transfer to a large bowl.
- ☐ Place the chiles in a bowl, cover with a plate and shake to release the seeds. Fish out the chiles, leaving the seeds behind.
- ☐ Heat the vegetable oil in a large skillet over medium heat.
- ☐ Add the cumin seeds, peppercorns, chopped chiles and 1 teaspoon salt and cook, stirring, until toasted, 2 to 3 minutes. Stir in the scallions and remove from the heat.
- ☐ Toss the fries with the spiced oil and season with salt.
- ☐ Remove and discard any large chile pieces.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:37.97, Inflammation Score:-10, Nutrition Score:29.552608883899%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 827.3kcal (41.36%), Fat: 50.02g (76.96%), Saturated Fat: 12.71g (79.43%), Carbohydrates: 92.85g (30.95%), Net Carbohydrates: 72.89g (26.51%), Sugar: 12.51g (13.9%), Cholesterol: 0mg (0%), Sodium: 1339.46mg (58.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Vitamin A: 8004.84IU (160.1%), Vitamin K: 86.15µg (82.05%), Fiber: 19.95g (79.81%), Manganese: 1.2mg (59.81%), Potassium: 1648.27mg (47.09%), Iron: 7.2mg (39.97%), Vitamin B3: 7.88mg (39.38%), Vitamin B6: 0.68mg (33.77%), Vitamin C: 26.06mg (31.59%), Vitamin B2: 0.45mg (26.5%), Phosphorus: 245.01mg (24.5%), Magnesium: 84.51mg (21.13%), Folate: 73.38µg (18.35%), Vitamin B5: 1.55mg (15.51%), Vitamin E: 2.23mg (14.9%), Vitamin B1: 0.22mg (14.66%), Copper: 0.21mg (10.47%), Zinc: 1.27mg (8.47%), Calcium: 81.48mg (8.15%), Selenium: 2.52µg (3.6%)