

Spicy French Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

Ingredients

- 4 medium baking potatoes (4 pounds total)
- 0.3 teaspoon cayenne
- 1.5 teaspoons coarse salt
- 0.3 teaspoon ground coriander seeds
- 0.3 teaspoon paprika
- 4 cups vegetable oil

Equipment

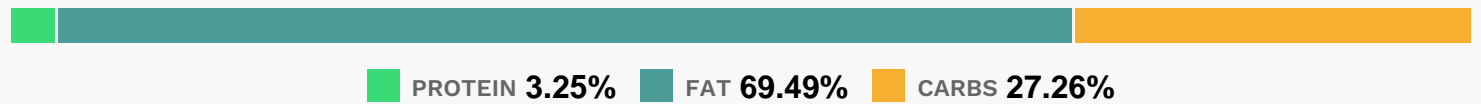
- bowl

- paper towels
- kitchen thermometer
- slotted spoon

Directions

- In a large bowl stir together salt, cayenne, paprika, and coriander.
- In a 4-quart heavy kettle, heat oil over moderate heat until a deep-fat thermometer registers 325 degrees.
- While oil is heating, cut potatoes lengthwise into 1/4-inch-thick sticks. Fry potatoes in oil 1 1/2 minutes (potatoes will not be golden) and with a slotted spoon transfer to brown paper or paper towels to drain.
- Heat oil to 350 degrees F. Return potatoes to oil and fry until golden and crisp, about 5 minutes.
- Transfer fries with a slotted spoon to clean brown paper or paper towels to drain and toss fries in spice mixture.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:30.29, Inflammation Score:-6, Nutrition Score:13.425652006398%

Nutrients (% of daily need)

Calories: 554.82kcal (27.74%), Fat: 43.83g (67.43%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.8g (13.02%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 882.87mg (38.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin K: 84.22µg (80.2%), Vitamin B6: 0.74mg (37.03%), Potassium: 895.34mg (25.58%), Vitamin E: 3.66mg (24.41%), Manganese: 0.34mg (17.18%), Vitamin C: 12.26mg (14.87%), Magnesium: 49.84mg (12.46%), Phosphorus: 118.42mg (11.84%), Vitamin B1: 0.18mg (11.72%), Fiber: 2.9g (11.6%), Vitamin B3: 2.23mg (11.15%), Copper: 0.22mg (11.13%), Iron: 1.9mg (10.58%), Folate: 30.01µg (7.5%), Vitamin B5: 0.64mg (6.44%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.63mg (4.23%), Calcium: 29.59mg (2.96%), Vitamin A: 115.71IU (2.31%), Selenium: 0.91µg (1.29%)