



Twice-Cooked French Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

Ingredients



6 servings canola oil for deep-frying



2 pounds baking potatoes unpeeled scrubbed (3 large)

Equipment



baking sheet



paper towels



oven



pot



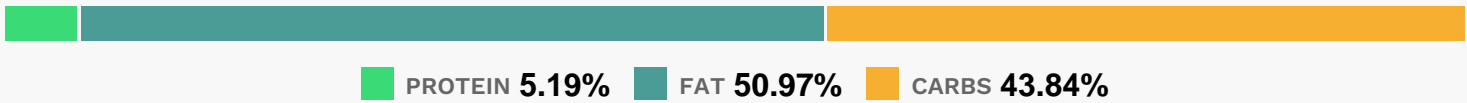
kitchen thermometer

- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Bring large pot of salted water to boil. Line large baking sheet with several layers of paper towels.
- ☐ Cut 1 potato lengthwise into 1/4-inch-thick slices. Stack 2 to 3 potato slices at a time and cut lengthwise into 1/4-inch-wide sticks. Cook potato sticks in boiling water just until beginning to soften, 3 to 4 minutes. Using slotted spoon or tongs, transfer potato sticks to paper-towel-lined baking sheet to drain. Repeat cutting, blanching, and draining remaining potatoes. Pat potato sticks dry with additional paper towels. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand uncovered at room temperature.
- ☐ Pour enough canola oil into heavy large pot to reach depth of 4 inches. Attach deep-fry thermometer to side of pot; heat oil to 350°F. Working in batches, add potato sticks to oil and fry until golden brown, about 6 minutes.
- ☐ Transfer to clean paper towels to drain.
- ☐ Sprinkle with salt and pepper.
- ☐ Serve immediately.
- ☐ For best results, serve each batch of fries immediately. If necessary, they can be kept warm on a rimmed baking sheet in a 300°F oven while the remaining potatoes are fried.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:21.49, Inflammation Score:-2, Nutrition Score:7.368260897939%

Nutrients (% of daily need)

Calories: 243.21kcal (12.16%), Fat: 14.12g (21.72%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.36g (9.22%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin B6: 0.52mg (26.08%), Potassium: 630.49mg (18.01%), Vitamin E: 2.47mg (16.43%), Vitamin K: 12.7µg (12.1%), Manganese: 0.24mg (11.87%), Vitamin C: 8.62mg (10.45%), Magnesium: 34.78mg (8.69%), Phosphorus: 83.16mg (8.32%), Vitamin B1: 0.12mg (8.27%), Fiber: 1.97g

(7.86%), Vitamin B3: 1.56mg (7.82%), Copper: 0.16mg (7.79%), Iron: 1.3mg (7.22%), Folate: 21.17µg (5.29%), Vitamin B5: 0.46mg (4.55%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.44mg (2.92%), Calcium: 19.66mg (1.97%)