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Debris Fries ^{••}

Debris fries are a popular Louisiana dish made with leftover roast beef and served over crispy french fries. The dish originated in New Orleans and is often topped with gravy and melted cheese. It's a hearty and flavorful recipe that is perfect for a filling meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|--------------|---------------------|
| 500 g | leftover roast beef |
| 500 g | french fries |
| 1 c | gravy |
| 200 g | melted cheese |

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Spread the french fries on a baking sheet and bake for 20-25 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 3

Stove

While the fries are baking, heat the leftover roast beef in a skillet over medium heat until warmed through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Once the fries are done, transfer them to a serving platter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Top the fries with the warmed roast beef, gravy, and melted cheese.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 650 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 75 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 35 g | 205.88% | 205.88% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 75 g | 136.36% | 150% |
| Fibers | 6 g | 15.79% | 24% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 10 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 7 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 6 g | 27.27% | 35.29% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 80 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 40 mcg | 1666.67% | 1666.67% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 25 mg | 312.5% | 138.89% |
| Potassium | 800 mg | 23.53% | 30.77% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 30 mg | 272.73% | 375% |
| Selenium | 40 mcg | 72.73% | 72.73% |

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue

Cuisines

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers Snacks

Cultural

Chinese New Year

Diet

Volumetrics Diet Ketogenic Diet Nutrisystem Diet Vegetarian Diet
 The F-Plan Diet The Israeli Army Diet The Air Diet The Breatharian Diet
 The Werewolf Diet The Master Cleanse Diet The Best Life Diet
 The IBS (Irritable Bowel Syndrome) Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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