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Kid's French Fries ♦♦

Kid's French Fries are a popular snack among children. They are made from potatoes that are cut into thin strips and deep-fried until crispy. These fries are usually served with ketchup or mayonnaise. They are a favorite at birthday parties and family gatherings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|--------|---------------|
| 500 g | potatoes |
| 500 ml | vegetable oil |
| 2 tsp | salt |

Directions

Step 1

Cutting

Peel the potatoes and cut them into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blanching

Rinse the potato strips in cold water to remove excess starch.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat the vegetable oil in a deep fryer or large pot to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

Fry the potato strips in batches until golden brown and crispy, about 5-7 minutes per batch.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Draining

Remove the fries from the oil and drain them on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Sprinkling

Sprinkle the fries with salt while they are still hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 312 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 41 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 41 g | 74.55% | 82% |
| Fibers | 3 g | 7.89% | 12% |
| Sugars | 0 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 27 mg | 30% | 36% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 970 mg | 28.53% | 37.31% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Atkins Diet

Vegetarian Diet

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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