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Kids Kurly Q Fries ♦

Kids Kurly Q Fries are a fun and delicious snack that kids love. These crispy and curly fries are perfect for parties, picnics, or just a tasty treat. They are made with simple ingredients and are sure to be a hit with kids of all ages.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	potatoes
50 ml	vegetable oil
1 tsp	salt
1 tsp	paprika
1 tsp	garlic powder

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and peel the potatoes. Cut them into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, toss the potato strips with vegetable oil, salt, paprika, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the seasoned potato strips in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Baking

Bake for 20 minutes or until the fries are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve the Kids Kurly Q Fries hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 g

Protein: 2 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
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	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	450 mg	13.24%	17.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Snacks

Salads

Main Dishes

Side Dishes

Sauces & Dressings

Events

Game Day

Meal Type

Snack

Breakfast

Brunch

Lunch

Dinner

Supper

Difficulty Level

Medium

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