



Healthdor

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Fries

Fries are a popular side dish made from potatoes that are cut into long, thin strips and deep-fried until crispy. They are often served with ketchup or other dipping sauces. Fries are commonly consumed as a snack or as a side dish with burgers, sandwiches, or fried chicken.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 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 and cut the potatoes into long, thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Preparation

Rinse the cut potatoes in cold water to remove excess starch.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Heating

Heat vegetable oil in a deep fryer or large pot to 375°F (190°C).

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Frying

Fry the potatoes in batches for about 5-7 minutes or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Draining

Remove the fries from the oil and drain on paper towels. Season with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 52 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	52 g	94.55%	104%
Fibers	5 g	13.16%	20%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	28 mg	31.11%	37.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	598 mg	26%	26%
Calcium	3 mg	0.3%	0.3%
Iron	14 mg	175%	77.78%
Potassium	1210 mg	35.59%	46.54%
Zinc	1 mg	9.09%	12.5%
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

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Cultural

Chinese New Year

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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