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Smiley Face Potatoes ✦

Smiley Face Potatoes are a fun and delicious dish that kids will love. These crispy and golden potatoes are shaped like smiley faces, making them a perfect snack or side dish for children. They can be enjoyed on their own or served with ketchup or any other dipping sauce. Smiley Face Potatoes are easy to make and are sure to bring a smile to everyone's face!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
50 ml	vegetable oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cut

Peel the potatoes and cut them into thick slices.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cut

Using a small round cookie cutter, cut out circles from the potato slices to create the smiley face shape.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat the vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Frying

Add the smiley face potatoes to the pan and fry them until they are golden and crispy on both sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Remove the smiley face potatoes from the pan and place them on a paper towel to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Season the smiley face potatoes with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

The Scarsdale Diet

The Baby Food Diet

The Master Cleanse Diet

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Meal Type

Breakfast

Supper

Difficulty Level

Medium

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