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French Fries ♦♦

French fries are a popular side dish made from potatoes that are cut into long, thin strips and deep-fried until crispy. They are typically seasoned with salt and can be served with ketchup or other condiments. French fries are commonly enjoyed with burgers, sandwiches, or as a snack on their own.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 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 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: 5 mins

Cook Time: 0 mins

Step 3

Frying

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Draining

Remove the fries from the oil and place them on a paper towel-lined plate to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Seasoning

Season the fries with salt while they are still hot.

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	6 g	15.79%	24%
Sugars	0 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	8 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)
Vitamin A	0 iu	0%	0%
Vitamin C	29 mg	32.22%	38.67%
Vitamin B6	46 mg	3538.46%	3538.46%
Vitamin B12	0 mcg	0%	0%
Vitamin E	7 mg	46.67%	46.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	384 mg	16.7%	16.7%
Calcium	2 mg	0.2%	0.2%
Iron	11 mg	137.5%	61.11%
Potassium	1041 mg	30.62%	40.04%
Zinc	11 mg	100%	137.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Side Dishes

Snacks

Cultural

Chinese New Year

Thanksgiving

Easter

Halloween

Cost

\$10 to \$20

\$40 to \$50

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Ayurvedic Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Scarsdale Diet

The Beverly Hills Diet

The Sleeping Beauty Diet

The F-Plan Diet

The Shangri-La Diet

The Peanut Butter Diet

The Dukan Diet

The Optavia Diet

The Starch Solution Diet The Specific Carbohydrate Diet (SCD)
The Ulcerative Colitis Diet The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The IBS (Irritable Bowel Syndrome) Diet The Low Oxalate Diet The Low-Fat Diet
The Low-Protein Diet The Low-Iron Diet The High-Vitamin D Diet
The High-Vitamin C Diet The Low-Vitamin K Diet The Low-Copper Diet
The Summer Weight Loss Diet The Winter Warming Diet The High-Sulfur Diet
The Psoriasis Diet The Migraine Diet The Gallbladder Diet
The Depression Diet The Hashimoto's Disease Diet
The Restless Leg Syndrome Diet The Menopause Diet The Post-Pregnancy Diet
The Breastfeeding Diet The Chronic Kidney Disease (CKD) Diet
The Lactose-Free Diet The Low-Histamine Diet
The Irritable Larynx Syndrome (ILS) Diet The Addison's Disease Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet The Sinusitis Diet
The Insomnia Diet The Autism Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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