



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Garlic Fries Basket Appetizer ♦♦

A delicious appetizer of crispy garlic fries served in a basket. Perfect for sharing!

**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

<b>500 g</b>	potatoes
<b>4 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>1 tbsp</b>	Parsley

# Directions

---

## Step 1

### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

### Cutting

Cut the potatoes into thin fries.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

## Step 3

### Mixing

In a large bowl, toss the potatoes with olive oil, minced garlic, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

## Baking

Spread the fries in a single layer on a baking sheet.

**Prep Time:** 2 mins

**Cook Time:** 25 mins

---

## Step 5

### Baking

Bake for 20-25 minutes, or until the fries are golden and crispy.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

---

## Step 6

### Plating

Sprinkle with chopped parsley and serve hot in a basket.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 350 kcal

**Fat:** 15 g

**Protein: 5 g**

**Carbohydrates: 50 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	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
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	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	900 mg	26.47%	34.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Barbecue Picnic

### Kitchen Tools

Slow Cooker

### Course

Appetizers Snacks Salads

### Cultural

Chinese New Year

### Demographics

Kids Friendly Teen Friendly

### Diet

Zone Diet Nordic Diet Vegetarian Diet Vegan Diet Raw Food Diet  
Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet Fruitarian Diet The F-Plan Diet The Air Diet

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)