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Ranch Basket of Fries ♦♦

A delicious and indulgent recipe for crispy fries seasoned with ranch seasoning. Perfect as a side dish or snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
2 tsp	ranch seasoning
1 tsp	Salt
2 tbsp	Vegetable Oil

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 fries.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, toss the fries with vegetable oil, ranch seasoning, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the fries 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 golden and crispy, flipping halfway through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
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)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
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	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	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Picnic Game Day

Course

Snacks

Cultural

Chinese New Year

Demographics

Pregnancy Safe Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

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

Vegetarian Diet The F-Plan Diet The Air Diet The Subway Diet

The Shangri-La Diet The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet The Peanut Butter Diet

Meal Type

Snack Supper

Difficulty Level

Easy

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