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Plain Basket of Fries ♦♦

A classic recipe for plain basket of fries. These fries are crispy on the outside and soft on the inside, perfect for dipping in ketchup or your favorite sauce.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	potatoes
500 ml	vegetable oil
10 g	Salt

Directions

Step 1

Cut

Peel and cut the potatoes into thin fries.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Rinsing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drying

Pat the potatoes dry with a paper towel.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Frying

Heat vegetable oil in a deep fryer or large pot to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Frying

Fry the potatoes in batches until golden brown and crispy, about 5-7 minutes per batch.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Draining

Remove the fries from the oil and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Seasoning

Season the fries 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	6 g	15.79%	24%
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	9 g	N/A	N/A
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	45 mg	50%	60%
Vitamin B6	25 mg	1923.08%	1923.08%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	1000 mg	29.41%	38.46%
Zinc	10 mg	90.91%	125%
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

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cutting

Serving

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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