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Fresh-Cut Fries ♦

Fresh-Cut Fries are a classic side dish made from freshly cut potatoes. They are typically deep-fried until crispy and golden brown. These fries are perfect for pairing with burgers, sandwiches, or enjoying on their own as a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 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

Wash and peel the potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the potatoes into even-sized fries.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

Soak the cut fries in cold water for 30 minutes to remove excess starch.

Prep Time: 30 mins

Cook Time: 0 mins

Step 4

Preparation

Drain and pat dry the soaked fries with a paper towel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

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 6

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 7

Preparation

Remove the fries from the oil and drain on a paper towel-lined plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Preparation

Season the fries with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 20 g

Protein: 4 g

Carbohydrates: 43 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	43 g	78.18%	86%
Fibers	4 g	10.53%	16%
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	11 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	35 mg	38.89%	46.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	590 mg	25.65%	25.65%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	1000 mg	29.41%	38.46%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Picnic

Course

Salads

Snacks

Cultural

Christmas

Cost

\$40 to \$50

Diet

16:8 Diet

Warrior Diet

Cooking Method

Whipping

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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