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Seasoned Fries ♦♦

Seasoned fries are a popular snack or side dish made from sliced potatoes that are seasoned with various spices and then baked or fried until crispy. They are commonly consumed as a tasty and satisfying treat, perfect for sharing with friends or enjoying on your own.

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 tbsp	olive oil
1 tsp	salt
1 tsp	paprika
1 tsp	garlic powder

1 tsp onion powder

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and peel the potatoes. Cut them into thin, even strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, toss the potato strips with olive oil, salt, paprika, garlic powder, onion powder, and black pepper until evenly coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the seasoned potato strips 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 the fries are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Cooling

Remove from the oven and let the fries cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 32 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	32 g	58.18%	64%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	7 g	25%	28%
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	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	800 mg	23.53%	30.77%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Side Dishes

Snacks

Cooking Method

Steaming

Carbonating

Simmering

Sprinkling

Oven

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

Meal Type

Snack

Supper

Difficulty Level

Easy

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