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Shoestring Fries ♦♦

Shoestring fries are a popular side dish made from thinly cut potatoes. They are typically deep-fried until crispy and golden brown. These fries are commonly served with burgers, sandwiches, or as a snack on their own. They are loved for their crispy texture and savory flavor.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 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

Preparation

Peel and wash the potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the potatoes into thin, shoestring-like strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

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

Prep Time: 5 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: 0 mins

Cook Time: 10 mins

Step 5

Frying

Fry the shoestring potatoes in batches until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Preparation

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Preparation

Season with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 22 g

Protein: 4 g

Carbohydrates: 38 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	38 g	69.09%	76%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	22 g	78.57%	88%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
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	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	800 mg	23.53%	30.77%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Picnic

Course

Snacks

Main Dishes

Drinks

Salads

Sauces & Dressings

Cuisines

Korean

Kitchen Tools

Slow Cooker

Cultural

Chinese New Year

Diwali

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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