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Regular Fries [♦]

Regular fries are a classic side dish made from potatoes. They are typically deep-fried until crispy and golden brown. These fries are enjoyed all over the world and are often served with burgers, sandwiches, or as a snack on their own.

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

Peel and cut the potatoes into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Preparation

Soak the potato strips in cold water for 30 minutes to remove excess starch.

Prep Time: 30 mins

Cook Time: 0 mins

Step 3

Preparation

Drain the potatoes and pat them dry with a clean kitchen towel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat the vegetable oil in a deep fryer or large pot to 375°F (190°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Frying

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Preparation

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Preparation

Season the fries with salt while they are still hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 25 g

Protein: 2 g

Carbohydrates: 33 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	33 g	60%	66%
Fibers	3 g	7.89%	12%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	25 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	25 g	89.29%	100%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
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	600 mg	26.09%	26.09%
Calcium	1 mg	0.1%	0.1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	780 mg	22.94%	30%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Barbecue

Game Day

Cuisines

American

Course

Side Dishes

Snacks

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

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

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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