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Large Fries ^{♦♦}

Large fries are a classic fast food dish made from deep-fried potatoes. They are typically consumed as a side dish or snack. The crispy exterior and soft interior make them a popular choice among food lovers.

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

1000 g	potatoes
500 ml	vegetable oil
10 g	Salt

Directions

Step 1

Cutting

Peel the potatoes and cut them into long, thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Rinsing

Rinse the potatoes in cold water to remove excess starch.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

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 5

Draining

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Seasoning

Season the fries with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 19 g

Protein: 4 g

Carbohydrates: 48 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	48 g	87.27%	96%
Fibers	5 g	13.16%	20%
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	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	19 g	67.86%	76%
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	20 mg	1538.46%	1538.46%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	1140 mg	33.53%	43.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Picnic

Course

Snacks

Cultural

Chinese New Year

Cost

\$10 to \$20

Cuisines

American

Diet

Anti-Inflammatory Diet

Cooking Method

Carbonating

Simmering

Cooking

Stir-frying

Sprinkling

Refrigerating

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Snack

Supper

Difficulty Level

Easy

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