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## French Fries ♦♦

French fries are a popular snack or side dish made from potatoes. They are typically deep-fried and seasoned with salt. French fries are commonly consumed with burgers, sandwiches, or as a standalone snack. They are crispy on the outside and soft on the inside.

**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

<b>500 g</b>	potatoes
<b>500 ml</b>	vegetable oil
<b>10 g</b>	salt

# Directions

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## Step 1

Cut

Peel and cut the potatoes into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## 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

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## Step 3

Preparation

Drain and pat dry the potato strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Frying

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

### Frying

Fry the potato strips in batches for about 5-7 minutes or until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 7 mins

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## Step 6

### Preparation

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Preparation

Season with salt to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 365 kcal

**Fat:** 18 g

**Protein:** 4 g

**Carbohydrates:** 47 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	47 g	85.45%	94%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	14 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	18 g	64.29%	72%
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	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	1030 mg	30.29%	39.62%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack Supper

### Difficulty Level

Easy

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