



## Homemade Crispy Seasoned French Fries

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

### Ingredients

- 1 cup flour all-purpose
- 1 teaspoon garlic salt
- 1 teaspoon onion salt
- 1 teaspoon paprika
- 2.5 pounds russet potatoes peeled
- 1 teaspoon salt
- 1 cup vegetable oil for frying

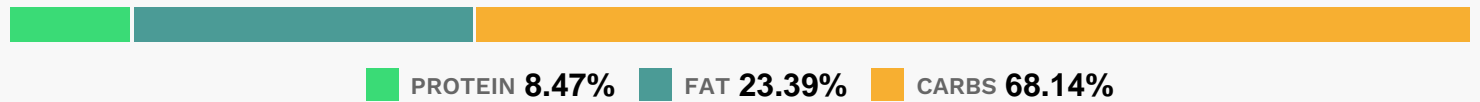
### Equipment

- bowl
- frying pan

## Directions

- Slice potatoes into French fries, and place into cold water so they won't turn brown while you prepare the oil.
- Heat oil in a large skillet over medium-high heat. While the oil is heating, sift the flour, garlic salt, onion salt, (regular) salt, and paprika into a large bowl. Gradually stir in enough water so that the mixture can be drizzled from a spoon.
- Dip potato slices into the batter one at a time, and place in the hot oil so they are not touching at first. The fries must be placed into the skillet one at a time, or they will clump together. Fry until golden brown and crispy.
- Remove and drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:21.84, Glycemic Load:28.78, Inflammation Score:-4, Nutrition Score:8.7860869946687%

## Nutrients (% of daily need)

Calories: 217.74kcal (10.89%), Fat: 5.75g (8.84%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.32g (12.84%), Sugar: 0.95g (1.05%), Cholesterol: 0mg (0%), Sodium: 879.62mg (38.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin B6: 0.5mg (25.06%), Potassium: 613.69mg (17.53%), Manganese: 0.34mg (16.77%), Vitamin B1: 0.24mg (15.98%), Vitamin K: 12.82µg (12.21%), Folate: 48.56µg (12.14%), Vitamin B3: 2.41mg (12.07%), Iron: 2.01mg (11.14%), Vitamin C: 8.08mg (9.8%), Phosphorus: 95.62mg (9.56%), Fiber: 2.35g (9.41%), Magnesium: 36.51mg (9.13%), Copper: 0.17mg (8.55%), Selenium: 5.88µg (8.4%), Vitamin B2: 0.13mg (7.47%), Vitamin B5: 0.5mg (5.01%), Vitamin E: 0.54mg (3.61%), Zinc: 0.53mg (3.56%), Vitamin A: 124.55IU (2.49%), Calcium: 21.88mg (2.19%)