

# Courgette Fries

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-courgette-recipe>

## Ingredients:

- 6 courgettes
- 3 tablespoons plain flour
- smoked paprika a pinch
- oil for deep frying

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 25 milligrams
7. Sugar: 9 grams

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