

Italian Fries

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-homemade-italian-fries>

Ingredients:

- 7 idaho potatoes
- 1 strip cold water
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon herbs dried Italian, or some combo of dried oregano, thyme, marjoram, and basil
- 2 cups romano cheese freshly grated
- 1/4 cup parsley leaves finely chopped
- 4 tablespoons salted butter cut into 6 cubes
- ground black pepper
- coarse salt

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 60 milligrams
4. Fat: 27 grams
5. Fiber: 9 grams
6. Protein: 22 grams
7. SaturatedFat: 13 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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