

# Extra Crispy Oven Baked French Fries

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-french-fries-recipe-indian>

## Ingredients:

- 3 russet baking potatoes preferably long in shape
- 2 tablespoons olive oil
- sea salt to taste
- black pepper freshly ground
- french fry optional
- paprika powder optional
- parsley flakes optional
- Parmesan cheese optional
- ketchup or dipping sauce

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 210 milligrams
9. Sugar: 1 grams

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