

# Garlic Fries

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fries-recipe>

## Ingredients:

- 2 pounds baking potatoes peeled and cut into 1/3-inch-thick fries
- vegetable oil for frying
- salt to taste
- 5 garlic cloves chopped
- 3 tablespoons fresh flat leaf parsley chopped

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 29 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. Sodium: 220 milligrams

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