

Crispy Oven Fries

PREP TIME	40 minutes
COOK TIME	40 minutes
TOTAL TIME	1 hour 20 minutes
SERVINGS	4 servings
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★★★★★
4.92 from 304 votes

Crispy oven fries are easy to make and taste great! These healthy baked french fries will become a staple in your home!

Ingredients

- 4 large baking potatoes
- 2-3 tablespoons olive oil
- 1 tablespoon [seasoned salt](#) or lemon pepper

Instructions

1. Preheat oven to 375°F.
2. Wash potatoes leaving skin on (you can peel them if you prefer). Cut potatoes into desired size fries.
3. Let potatoes soak in cold water in the sink or in a bowl for at least 30 minutes. Remove from water and dry very well.
4. Toss with oil and seasonings. Spread evenly in a single layer on a parchment-lined pan.
5. Bake for 20 minutes. Turn the oven up to 425° and cook fries until golden, about 20-25 minutes more.

Nutrition Information

Calories: 311, Carbohydrates: 31g, Protein: 5g, Fat: 19g, Saturated Fat: 2g, Sodium: 22mg, Potassium: 926mg, Fiber: 6g, Sugar: 2g, Vitamin A: 65IU, Vitamin C: 24.3mg, Calcium: 123mg, Iron: 8.4mg
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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