

frozen french fries nutrition

frozen french fries nutrition is a topic of growing interest among consumers looking to balance convenience with health. Frozen french fries are a popular food choice due to their ease of preparation and long shelf life. However, understanding their nutritional profile is essential for making informed dietary decisions. This article explores the key nutritional components of frozen french fries, including calories, macronutrients, vitamins, minerals, and potential additives. It will also discuss the impact of cooking methods on nutrition, health considerations, and tips on choosing healthier options. By examining these factors, readers will gain a comprehensive understanding of frozen french fries nutrition and how it fits into a balanced diet.

- Understanding the Nutritional Profile of Frozen French Fries
- Impact of Cooking Methods on Frozen French Fries Nutrition
- Health Considerations and Potential Risks
- Tips for Choosing and Preparing Healthier Frozen French Fries

Understanding the Nutritional Profile of Frozen French Fries

Frozen french fries are primarily made from potatoes, which are naturally rich in carbohydrates and certain vitamins and minerals. However, the freezing process and additional ingredients can alter their nutritional content. Analyzing the nutritional profile of frozen french fries helps consumers understand what they are consuming and how it affects their diet.

Macronutrients in Frozen French Fries

The macronutrient composition of frozen french fries largely depends on the type of fries and how they are processed. Typically, frozen french fries are high in carbohydrates, moderate in fat, and contain a small amount of protein.

- **Carbohydrates:** Potatoes are a rich source of complex carbohydrates, primarily in the form of starch. A standard serving of frozen french fries provides a significant amount of carbohydrates, which serve as a primary energy source.
- **Fat:** The fat content varies depending on whether the fries are pre-fried

before freezing. Many frozen french fries are partially fried in oil, which increases their fat content. This fat mainly consists of vegetable oils and can contribute to the overall calorie count.

- **Protein:** French fries contain a small amount of protein derived from the potato itself. However, the protein content is generally low compared to other macronutrients.

Calories and Portion Size

The calorie content of frozen french fries can vary widely based on the brand, preparation method, and serving size. On average, a 3-ounce (85 grams) serving of frozen french fries contains approximately 150-180 calories. This calorie count is influenced by the oil absorbed during cooking and any added ingredients such as salt or seasoning.

Vitamins and Minerals

Potatoes naturally contain several vitamins and minerals, some of which are retained in frozen french fries. Key micronutrients include:

- **Vitamin C:** Potatoes are a good source of vitamin C, although some of this vitamin may be lost during processing and freezing.
- **Potassium:** Frozen french fries retain a significant amount of potassium, an essential mineral that supports heart health and muscle function.
- **Iron and Magnesium:** These minerals are present in smaller amounts but contribute to the overall nutrient profile of the fries.

Added Ingredients and Their Nutritional Impact

Many frozen french fries contain added ingredients such as salt, preservatives, and sometimes flavor enhancers. These additions can affect the nutritional quality:

- **Sodium:** Added salt increases the sodium content, which can be a concern for individuals monitoring their salt intake.
- **Preservatives:** Some brands use preservatives to extend shelf life, which generally do not affect nutrition but may be a consideration for sensitive individuals.
- **Coatings:** Some fries have coatings that add texture or flavor,

potentially increasing fat or carbohydrate content.

Impact of Cooking Methods on Frozen French Fries Nutrition

The method used to cook frozen french fries significantly influences their final nutritional content. Cooking techniques affect fat absorption, calorie content, and even vitamin retention.

Baking vs. Frying

Baking frozen french fries is a popular alternative to deep frying and generally results in lower calorie and fat content. Baking requires little to no added oil, which reduces fat absorption. In contrast, deep frying submerges fries in hot oil, increasing their fat and calorie content substantially.

Air Frying

Air frying has gained popularity as a healthier cooking method for frozen french fries. Air fryers use hot air circulation to cook food with minimal oil, significantly reducing fat content while maintaining a crispy texture. This method preserves more nutrients compared to deep frying and lowers overall calorie intake.

Microwaving

Microwaving is a less common method but can be used for reheating cooked frozen french fries. This method does not typically add fat but may result in a softer texture and potentially less palatable fries. Nutritional differences are minimal since no additional ingredients are added during microwaving.

Health Considerations and Potential Risks

While frozen french fries offer convenience, there are health considerations to keep in mind when incorporating them into a diet. Understanding potential risks helps consumers make balanced choices.

Sodium Content and Blood Pressure

Many frozen french fries have added salt, which increases their sodium content. Excessive sodium intake is linked to high blood pressure and cardiovascular disease. Individuals with hypertension or those aiming to reduce salt intake should monitor serving sizes and choose low-sodium options when available.

Fat and Caloric Density

Frozen french fries, especially when deep-fried, can be high in fat and calories, contributing to weight gain if consumed in excess. The type of fat used in frying is also important; some brands use oils high in unhealthy saturated fats or trans fats, which can negatively impact heart health.

Potential Acrylamide Formation

Acrylamide is a chemical that can form in starchy foods like potatoes when cooked at high temperatures, such as frying or baking. It has been classified as a potential carcinogen, raising concerns over frequent consumption of fried potato products. Cooking methods and times influence acrylamide levels.

Tips for Choosing and Preparing Healthier Frozen French Fries

Consumers can take several steps to enjoy frozen french fries while minimizing negative nutritional impacts. Selecting the right products and cooking methods is key.

Selecting Healthier Brands and Products

- Look for frozen french fries labeled as low sodium or no added salt to reduce sodium intake.
- Choose fries made with healthier oils, such as canola or sunflower oil, which contain more unsaturated fats.
- Opt for products without added preservatives or artificial flavorings when possible.
- Consider fries labeled as “oven-ready” or “baked” for lower fat content.

Cooking Tips to Enhance Nutrition

- Prefer baking or air frying over deep frying to reduce fat and calorie intake.
- Avoid overcooking fries to minimize acrylamide formation; cook until golden but not overly browned.
- Use minimal added salt after cooking to control sodium consumption.
- Pair frozen french fries with nutrient-rich foods such as vegetables or lean proteins to create balanced meals.

Frequently Asked Questions

Are frozen french fries healthy?

Frozen french fries can be part of a balanced diet when consumed in moderation. However, they are often high in calories, fat, and sodium, especially when fried, so it is best to prepare them using healthier methods like baking or air frying.

How many calories are in a serving of frozen french fries?

A typical serving size of frozen french fries (about 85 grams or 3 ounces) contains approximately 150 to 220 calories, depending on the brand and preparation method.

Do frozen french fries contain trans fats?

Many frozen french fries used to contain trans fats due to partially hydrogenated oils, but most brands have since removed trans fats. Always check the nutrition label to be sure.

What is the sodium content in frozen french fries?

Frozen french fries generally contain between 150 to 400 milligrams of sodium per serving, but this can vary widely depending on added seasonings and brands.

Are frozen french fries a good source of fiber?

Frozen french fries provide a small amount of dietary fiber, usually around 2 grams per serving, which contributes modestly to daily fiber intake.

How much fat is in frozen french fries?

A serving of frozen french fries typically contains 7 to 10 grams of fat, including both saturated and unsaturated fats, but the amount varies by brand and cooking method.

Can frozen french fries fit into a low-carb diet?

Frozen french fries are high in carbohydrates, usually around 20 to 30 grams per serving, making them less suitable for strict low-carb or ketogenic diets.

Do frozen french fries contain any vitamins or minerals?

Frozen french fries contain small amounts of vitamins and minerals such as vitamin C, potassium, and iron, but they are not a significant source compared to fresh vegetables.

How does cooking method affect the nutrition of frozen french fries?

Baking or air frying frozen french fries generally results in lower fat and calorie content compared to deep frying, making them a healthier option.

Are there healthier frozen french fry options available?

Yes, some frozen french fries are made with minimal oil, no added preservatives, or are baked instead of fried. Choosing brands with lower sodium and fat content can make them a healthier choice.

Additional Resources

1. Frozen French Fries: Nutritional Insights and Health Impacts

This book delves into the nutritional profile of frozen French fries, examining their calorie content, fat composition, and potential health effects. It explores how processing methods influence nutrient retention and the presence of additives. Readers will gain an understanding of how frozen fries fit into a balanced diet and strategies for healthier consumption.

2. The Science Behind Frozen French Fries and Their Nutritional Value

Offering a scientific perspective, this book analyzes the biochemical changes that occur during the freezing and frying processes. It discusses the impact of different oils, cooking temperatures, and storage conditions on the nutritional quality of frozen fries. The text also considers innovations in food technology aimed at improving health outcomes.

3. Healthy Eating with Frozen French Fries: Myths and Facts

Addressing common misconceptions, this book separates fact from fiction regarding the healthiness of frozen French fries. It provides evidence-based information on their macronutrient content and potential risks associated with frequent consumption. The book also suggests practical ways to enjoy frozen fries as part of a nutritious diet.

4. Frozen French Fries: A Nutritional Guide for Families

Targeted at families, this guide offers insights into choosing and preparing frozen French fries that maximize nutritional benefits. It includes tips on portion control, healthier cooking methods, and pairing fries with nutrient-rich foods. The book aims to help parents make informed decisions that support their children's health.

5. From Farm to Freezer: Nutritional Changes in Frozen French Fries

This title traces the journey of potatoes from harvest to frozen French fries, highlighting how each stage affects nutrient content. It explores agricultural practices, processing techniques, and storage conditions that influence the final nutritional value. Readers interested in food science and nutrition will find detailed explanations and case studies.

6. The Role of Frozen French Fries in Modern Diets: Nutrition and Wellness

Examining frozen French fries within the context of contemporary eating habits, this book discusses their role in convenience foods and fast food culture. It evaluates nutritional challenges and opportunities for reformulation to improve health profiles. The book also considers consumer trends and public health perspectives.

7. Cooking and Nutrition: Optimizing Frozen French Fries for Better Health

Focusing on culinary techniques, this book offers guidance on cooking frozen French fries to preserve or enhance their nutritional quality. It covers baking, air frying, and other methods that reduce fat content without sacrificing taste. Nutritional information and recipe ideas support readers in making healthier choices.

8. Frozen French Fries and Nutritional Labeling: What Consumers Need to Know

This resource explains how to interpret nutritional labels on frozen French fry packaging. It highlights key components such as sodium, trans fats, and preservatives, helping consumers make informed purchases. The book also discusses regulatory standards and labeling practices affecting product transparency.

9. Innovations in Frozen French Fries: Enhancing Nutrition and Flavor

Exploring recent advances in food technology, this book presents new approaches to improve the nutritional profile of frozen French fries. Topics include the use of alternative oils, fortification with vitamins and minerals, and novel processing techniques. The book is ideal for food scientists, nutritionists, and health-conscious consumers interested in the future of frozen foods.

Frozen French Fries Nutrition

Find other PDF articles:

<http://www.devensbusiness.com/archive-library-710/pdf?trackid=VpT48-5087&title=technician-set-remnant-2.pdf>

frozen french fries nutrition: Vegetables for Nutrition and Entrepreneurship Brahma Singh, Pritam Kalia, 2023-05-18 This edited book is compiled by renowned Horticultural scientist Padma Shri Prof. Brahma Singh and Former Head of Vegetable Science Division, ICAR-IARI, New Delhi Dr Pritam Kalia. The book is mainly focused on two aspects of vegetable crops - nutrition and entrepreneurial potential. The book explains the importance of vegetables crops as essential food items for managing food security and malnutrition. Since vitamins and minerals deficiency is on the increase globally, this book highlights the presence and availability of essential nutrients, vitamins in addition to other food constituents necessary for human health. The book also emphasizes on the potential of vegetables crops as an affordable avenue for entrepreneurial ventures. It explains the important steps in respect of vegetable crops, such as production, harvesting, packaging, transport, storage, marketing of fresh vegetables, processing and value-addition etc. The book chapters are written in simple language with recent scientific developments by the experienced and acknowledged scientists in the field. The book is a useful reading material for curriculum and examination requirements of undergraduate and postgraduate, and other university examinations. It is also of interest to professionals, researchers, policy makers and potential entrepreneurs in the field of vegetable crop farming

frozen french fries nutrition: Nutrition and Human Needs United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1968 Examines extent of hunger and malnutrition problem in U.S.

frozen french fries nutrition: Foods & Nutrition Encyclopedia, Two Volume Set Marion Eugene Ensminger, Audrey H. Ensminger, 1993-11-09 Foods and Nutrition Encyclopedia, Second Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 463 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

frozen french fries nutrition: Nutrition in Public Health Arlene Spark, Lauren M. Dinour, Janel Obenchain, 2015-09-22 This second edition of a bestseller, Nutrition in Public Health: Principles, Policies, and Practice focuses on the role of the federal government in determining nutrition policy and influencing practice. Beginning with an overview of public health principles, the book examines the application of nutritional policy to dietary guidance, health promot

frozen french fries nutrition: *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976

frozen french fries nutrition: Gentle Nutrition Rachael Hartley, 2021-02-23 Intuitive eating is a non-diet approach to healthy eating that focuses on unlearning diet cultures toxic messaging so you can build a healthier relationship with food and your body and focus on health promoting behaviors as opposed to weight loss. There is a common perception that intuitive eating approaches are also anti-nutrition, but that's simply not the case. In this book, registered dietitian Rachael Hartley looks at the role of gentle nutrition in intuitive eating. She explores why diets don't work - and make you eat less healthfully, why weight doesn't equal health, and how to approach nutrition in a flexible way, with the goal of promoting wellbeing, not reaching for an arbitrary number on the scale. Gentle Nutrition: A Non-Diet Approach to Healthy Eating focuses on the big picture rather than getting wrapped up in minor details that can make nutrition seem confusing or overwhelming.

Hartley makes it practical as well by offering science-based, straightforward strategies for building healthy habits. In *Gentle Nutrition*, she explains how to plan satisfying meals and snacks that nourish the body throughout the day while honoring the need to pleasure in food. The book includes more than 50 nutritious and delicious recipes for breakfasts, main dishes, snacks, and desserts. There are many people who don't want to diet, but do want to better understand how to take care of their bodies with food. This approachable guide brings to light how nutrition fits into the context of intuitive eating. When we leave diet culture behind and remove the assumption that weight equals health, we can focus on truly honoring our health and well-being.

frozen french fries nutrition: Nutrition and Health Rosemary Wachira RD CDCES, 2021-12-13 "Nutrition and Health – Fighting Cancer, Diabetes and Heart Disease takes the reader on a journey to reconnect with the most fundamental healing tool – our food. This book will offer you an abundance of practical tips for optimal eating and living and will be an indispensable resource for you to refer to readily. Whether you are interested in weight loss, restoration, prevention, or health maintenance, you will walk away empowered and equipped with the right guidance on how to make it happen. Begin the transformation to live your best life ever now! I am honored to recommend this book for your reading." --Dr. Lennox A. Graham Ph.D. Professor Howard University Washington DC "The author's knowledge of nutrition benefits different cultures in both the southern and northern hemispheres, "NUTRITION and HEALTH. Fighting Cancer Diabetes and Heart Diseases" offers interesting perspectives to readers across the world, empowering them to take steps of change needed to improve their health. It is highly important for the world population to come to the realization of how critical the foods and drinks we consume are vitally important to our lives. This book shows the path and practical steps to reach sound health, leading to happy, productive, and long lives with little medical care." --Dr. Straton BAZIRA. MD, Ph.D. (France) Pretoria, South Africa "This book has compressed together a wealth of nutrition information that is very helpful in bringing step by step change to improve one's health. The book provides helpful nutrition tips for every reader. I like the aspect of focusing on diabetes, cancer and cardiovascular: three disease areas that have adversely impacted lives in many communities. Highly recommend this book for your reading." --Mwangi N Mutahi, PhD Nutrition and Natural Health Specialist, Kenya

frozen french fries nutrition: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3-8 include bibliography and indexes / subject, personal author, corporate author, title, and media index.

frozen french fries nutrition: Leader's Handbook for a Nutrition and Food Course, 1967

frozen french fries nutrition: Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.), 1975

frozen french fries nutrition: NUTRITION AND HEALTH: A DISTINCTION WITHOUT DIFFERENCE FOLORUNSHO MEJABI, 2015-11-13 You hear a lot about living a healthy lifestyle, enough that the phrase 'healthy lifestyle' may be one we'd like to permanently retire. The problem is, that phrase describes the life we need to live if we want to feel good and look good. So, what does it actually mean? Well, there are the obvious things that describe a healthy person: He or she doesn't smoke, is at a healthy weight, eats healthy foods and exercises on a regular basis. It sounds so simple; it's funny just how hard it is to do all of those things in our current world. The good news is, you don't have to change everything at the same time. In fact, the trick to healthy living is making small changes. So, what else can you be doing to live healthy? Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.

frozen french fries nutrition: Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

frozen french fries nutrition: The Moms' Guide to Meal Makeovers Janice Bissex, Liz

Weiss, 2008-12-10 For the legions of harried moms who have tossed in the dishtowel on cooking healthy meals (or any meals!), the easiest-ever guide for bringing super nutrition back to the kitchen. Getting dinner on the table night after night can be a challenge. So it's no surprise that busy moms often rely on fast food, takeout, and convenience meals like macaroni & cheese, chicken nuggets, and fries. The kids love it but the drawback is that little twinge of guilt moms feel every time they feed their family another not-so-healthy meal. At the end of the day, many children end up with a poor diet high in sugar, saturated fat, and calories ... a major factor in the rising rates of obesity. Finally, here are realistic guidelines designed to give families a healthy meal makeover. The Moms lay out a 5-Step Meal Makeover Plan, explaining how to market good nutrition to kids, establish food rules, and make life easier in the kitchen. In The Best of the Bunch chapter they reveal which brands of kid convenience foods—hot dogs, frozen pizza, and more—are the best tasting and most nutritious ones out there. The Moms show how to stock a healthy pantry and whip up delicious anytime meals using pantry staples. They even serve up 120 reworked recipes for family favorites such as Fast-as-Boxed Macaroni & Cheese, Squishy Squash Lasagna, Cheesy Broccoli Soup, Sweet Potato Fries, and Chocolate Pudding with Toppers.

frozen french fries nutrition: *Nutrition* Lori A. Smolin, Mary B. Grosvenor, Debbie Gurfinkel, 2014-07-29 The Right Balance for your Nutrition Course! Nutrition: Science and Applications, First Canadian Edition guides students towards an understanding of the scientific principles underlying what they know about nutrition. The text's strong coverage of the science of nutrition balanced with excellent applications and Canadian iProfile software will help students gain effective decision-making skills about nutritional choices. It will prepare students for their future studies and careers as well as apply the science to their everyday lives. Effective use of Canadian content integrated throughout the text enables students to identify with situations and examples in the textbook. Chapter 2 has an extensive exploration of the history and evolution of Canada's Food Guide (CFG). Instructors no longer have to do independent research to include Canadian content into lectures. The research-based scientific content is detailed and supported by figures and comprehensive real-life examples that help students easily visualize complex processes. Using a critical thinking approach, the book contains many questions and exercises that require interpretation of research results and give the student an opportunity to apply the concepts learned – both as consumers and as future scientists and health professionals.

frozen french fries nutrition: Evaluation of Certain Nutritional and Sensory Qualities of French Fried Potatoes Ioannis Evangelou, 1983

frozen french fries nutrition: Plunkett's Food Industry Almanac Jack W. Plunkett, 2009-03 Market research guide to the food industry a tool for strategic planning, competitive intelligence, employment searches or financial research. Contains trends, statistical tables, and an industry glossary. Includes one page profiles of food industry firms, which provides data such as addresses, phone numbers, and executive names.

frozen french fries nutrition: The Encyclopedia of Nutrition and Good Health Robert A. Ronzio, 2003 Presents articles on a variety of topics related to eating and nutrition.

frozen french fries nutrition: Plunkett's Food Industry Almanac 2008: Food Industry Market Research, Statistics, Trends & Leading Companies Plunkett Research Ltd, 2008 Covers almost everything you need to know about the food, beverage and tobacco industry, including: analysis of major trends and markets; historical statistics and tables; major food producers such as Kraft and Frito Lay; and more. It also includes statistical tables, a food industry glossary, industry contacts and thorough indexes.

frozen french fries nutrition: 30-Day Fat Loss Kickstart: Proven Workout and Nutrition Plan for Rapid Results Dr. Lauren Roberts, 2025-10-11 Ready to lose fat, rev up your energy, and see real change — fast? 30-Day Fat Loss Kickstart is your complete, no-fluff roadmap to transform your body — starting today. If you've tried diets that didn't stick, workouts that left you exhausted, or "quick fixes" that delivered zero results — this is different. This book gives you a clear, step-by-step plan that's proven to work, built for real people with real lives. What You'll Get Inside: A

30-day complete plan combining workouts (no gym needed) + nutrition guidance tailored for fast fat loss Easy-to-follow daily routines and exercise templates — no guesswork, no overwhelm Recipe ideas, portion guides, and meal timing tips to fuel your body — and burn stored fat Modifications and progressions to match your fitness level (beginner, intermediate, advanced) “Mini-challenge” boosters to break plateaus, add intensity, and keep you motivated Weekly check-ins, summaries, and checkpoints so you can track your progress and celebrate wins Benefits You’ll Feel (And See): Lose inches and drop body fat — fast, yet safely and sustainably Boost your metabolism, energy, and mood — no more dragging through your day Build lean muscle and tight definition, not bulk Stay consistent — with doable plans, not extreme diets you can’t maintain Feel stronger, more confident, and empowered, as you see your body shift Breakthrough plateaus using guided progressions and strategy tweaks Why You Should Buy This Book: Because it’s built for real people who want real results — not gimmicks, not fads. If you're tired of piecemeal plans, confusion, and disappointment — this is the all-in-one, smartly designed system that delivers measurable change in just a month. Zero guesswork — just follow the blueprint. Backed by fitness fundamentals and tested methods. Accessible anywhere — whether at home, on travel, or at a gym. Includes progress tracking and mindset tips so you don’t quit too soon. If you’re ready to hit reset on your body, reboot your habits, and finally get in shape — click Buy Now and start day one today. Your transformation starts in minutes.

frozen french fries nutrition: *Nutrition Decisions* Carolyn Dunn (PhD.), 2013 Nutrition Decisions: Eat Smart, Move More encourages personal health behavior change for a lifetime of good habits and good health among students. The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health. The most current research-based information on each concept is presented as well as specific strategies that can be employed for behavior change. Information is presented in modules that include one specific topic of instruction within the field of nutrition, physical activity or other aspect of health and wellness. The material is research-based and well referenced, but is presented in an applied and consumer-oriented method that makes it easy for a non-science major to understand. Students are encouraged to check their own behavior based on the module content. Instructors will be given instructions on how to track a specific behavior (for example, record beverage consumption over 3 days). Suggestions will be given as to how students can make specific positive changes. Students will record their goal and how they intend to improve their overall health on their personal record sheet, which will be presented in the text as well as on the companion website. All chapters will include suggestions about how students can make incremental changes in their health behaviors. There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition.

Related to frozen french fries nutrition

Frozen | Official Disney Site Welcome to the official site for Disney’s Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney’s Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney’s Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Related to frozen french fries nutrition

19 Easy Recipes with Frozen French Fries for Mains and Appetizers (Taste of Home on MSN1d) If you are sensitive to spice, reduce the amount of Sriracha chili sauce. —Erin DeWitt, Long Beach, California Nutrition Facts: 1 serving: 560 calories, 31g fat (12g saturated fat),

19 Easy Recipes with Frozen French Fries for Mains and Appetizers (Taste of Home on MSN1d) If you are sensitive to spice, reduce the amount of Sriracha chili sauce. —Erin DeWitt, Long

Beach, California Nutrition Facts: 1 serving: 560 calories, 31g fat (12g saturated fat),

We Tried 6 Frozen French Fries — These 3 Are Approved by Kids, Adults, and Chefs

(Yahoo2mon) At Food & Wine, we rarely favor frozen over fresh — but we make an exception for french fries. Most frozen fries are par-cooked (often double-fried) and coated in a thin layer of starch and sugar,

We Tried 6 Frozen French Fries — These 3 Are Approved by Kids, Adults, and Chefs

(Yahoo2mon) At Food & Wine, we rarely favor frozen over fresh — but we make an exception for french fries. Most frozen fries are par-cooked (often double-fried) and coated in a thin layer of starch and sugar,

Back to Home: <http://www.devensbusiness.com>