

French Fries

Cuisine: English
Food category: Other



Author: [Phil Smith](#)
Company: [Retigo](#)



Program steps

Preheating:

245 °C

1

 Hot air

 0 %

 Termination by time

 00:05 hh:mm

 220 °C

 100 %



Ingredients - number of portions - 6

Name	Value	Unit
french fries	500	kg

Nutrition and allergens

Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	
Energy	229166.7 kJ
Carbohydrate	29166.7 g
Fat	10000 g
Protein	3333.3 g
Water	0 g

Directions

Place the de frosted fries onto the Vision Frit tray and place into the pre heated oven and cook.

Recommended accessories



Vision Frit