

Pumpkin Fries

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Energycontent – ratio 3,8:1	
proteins	3,8 g
Fats	53,8 g
Carbohydrates	10,4 g
Kcal	541,4

Ingredients

	3:1	3,5:1	3,8:1	4:1
Pumpkin	52 g	51 g	47 g	47 g
Corn oil	14 g	16 g	Ratio	17 g

Preparation

- Cut the pumpkin into french fries
- Warm the oil in a frying pan
- Bake the pumpkin fries in the heated corn oil