2 pounds russet potatoes, cut into fries

1 cup corn flour

2 tablespoons cornmeal

2 tablespoons Cajun seasoning

1 quart oil for deep frying

salt to taste

Calories 342 cal 17%

Cholesterol 0 mg 0%

Fiber 4.1 g 16%

Sodium 548mg 22%

Carbohydrates 47.3g 15%

Fat 15.3 23%

Protein 4.6g 9%