

# Sweet Potato Fries

<b>Servings:</b>	240.00
<b>Serving Size:</b>	3.09 Ounce
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Sweet potato fries

## Nutrition Information

<b>Calories</b>	160.00	<b>Protein</b>	3.00g
<b>Fat</b>	7.50g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	23.00g	<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	210.00mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	1.20mg
<b>Vitamin A</b>	1400.02IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
240 Serving	817730	FRIES SWT 5/16 S/C SVRY 6-2.5	

## Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. (FULL OVEN). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 34 TO 38 MINUTES, TURNING ONCE FOR UNIFORM COOKING OR PREHEAT OVEN TO 425° F. (ONE SHEET). SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.