

Fries Sweet Potato Crinkle MTG

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-100 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|--------------|-------------------|------------|
| FRIES SWT POT DP GROOVE 7/16IN | 19 3/4 Pound | | 628100 |

Preparation Instructions

Directions:

- 1: Wash hands.
- 2: Bake french fries according to manufacturer's instructions.
- 3: 1.7 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 168.53 |
| Fat | 6.32g |
| SaturatedFat | 1.05g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 252.80mg |
| Carbohydrates | 25.28g |
| Fiber | 1.05g |
| Sugar | 7.37g |
| Protein | 1.05g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 31.60mg | Iron 0.53mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available