

waffle fries

Servings:	1.00	Category:	Vegetable
Serving Size:	9.00 fries	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49654
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
FRIES WAFFLE SEAS	9 Piece	371160

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 9.00 fries

Amount Per Serving			
Calories	190.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	360.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.12mg

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

Nutrition - Per 100g

No 100g Conversion Available