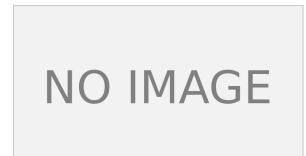
## **Spiral French fries**



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45903
School:	Highland Elementary		

## Ingredients

<b>Description Measurement</b>	Prep Instructions	DistPart #
FRIES SPIRAL 3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	200859

# 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: 3.00 Ounce

	-			
Amount Per Serving				
Calories	110.00			
Fat	4.00g			
SaturatedFat	0.50g			
Trans Fat	0.00g			
Cholesterol	0.00mg			
Sodium	20.00mg			
Carbohydrates	17.00g			
Fiber	1.00g			
Sugar	1.00g			
Protein	1.00g			
Vitamin A 0.00IU	Vitamin C	0.00mg		
Calcium 10.00mg	Iron	0.30mg		

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

#### Nutrition - Per 100g

Calories	129.34	
Fat	4.70g	
SaturatedFat	0.59g	
Trans Fat	0.00g	
Cholesterol	0.00mg	
Sodium	23.52mg	
Carbohydrates	19.99g	
Fiber	1.18g	
Sugar	1.18g	
Protein	1.18g	
Vitamin A 0.00IU	Vitamin C	0.00mg
Calcium 11.76mg	Iron	0.35mg

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