

# Straight Fries K-8

<b>Servings:</b>	143.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44495

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	27 Pound	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	200611

## 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	0.503

### Nutrition Facts

Servings Per Recipe: 143.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	107.41		
<b>Fat</b>	4.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	20.14mg		
<b>Carbohydrates</b>	17.45g		
<b>Fiber</b>	1.34g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	1.34g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.43mg	<b>Iron</b>	0.27mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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