

Fries-Sweet Potato K-8

Servings:	80.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8IN	15 Pound	CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES.	273660

Preparation Instructions

Basic Preparation

DEEP FRY: FILL BASKET ONE THIRD FULL (1 LB.) WITH FROZEN PRODUCT. DEEP FRY @ 350°F FOR 2 1/4 TO 2 3/4 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

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: 80.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	150.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	7.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 0.50mg

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

Nutrition - Per 100g

Calories	176.37
Fat	7.05g
SaturatedFat	1.18g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	223.40mg
Carbohydrates	27.04g
Fiber	1.18g
Sugar	8.23g
Protein	1.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 35.27mg	Iron 0.59mg

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