

Fries Straight

Servings:	71.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44826
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	27 Pound	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. 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.	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	1.343

Nutrition Facts

Servings Per Recipe: 71.50

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	214.83
Fat	8.06g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.28mg
Carbohydrates	34.91g
Fiber	2.69g
Sugar	2.69g
Protein	2.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.85mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available