

# Fries-Waffle K-8

|                      |                           |                       |           |
|----------------------|---------------------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-44485   |
| <b>School:</b>       | Walton-Verona High School |                       |           |

## Ingredients

| Description  | Measurement | Prep Instructions   | DistPart # |
|--------------|-------------|---|------------|
| FRIES WAFFLE | 9 Piece     | <p>CONVECTION<br/>           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.</p> <p>DEEP_FRY<br/>           FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS.</p> <p>UNSPECIFIED<br/>           PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.</p> | 201081     |

## Preparation Instructions

Place fries, in a single layer, on a cookie tray lined with white baking paper. Place tray on rolling rack and put in cooler until ready to bake. Bake for 10 minutes, turn tray around, and bake an additional 10 minutes. If using the convection oven, cook for 11-13 minutes; do not turn the trays. Temp. at 165 degrees or higher. Spray a 4B metal pan and place the empty pan on the hot case line in the serving rooms. Place trays in room warmers until ready to serve.

These fries DO NOT HOLD their temps.

10lb=50 servings

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.500 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| <b>Amount Per Serving</b> |         |                  |        |
|---------------------------|---------|------------------|--------|
| <b>Calories</b>           | 120.00  |                  |        |
| <b>Fat</b>                | 5.00g   |                  |        |
| <b>SaturatedFat</b>       | 0.50g   |                  |        |
| <b>Trans Fat</b>          | 0.00g   |                  |        |
| <b>Cholesterol</b>        | 0.00mg  |                  |        |
| <b>Sodium</b>             | 20.00mg |                  |        |
| <b>Carbohydrates</b>      | 17.00g  |                  |        |
| <b>Fiber</b>              | 1.00g   |                  |        |
| <b>Sugar</b>              | 0.00g   |                  |        |
| <b>Protein</b>            | 1.00g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.00mg  | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available