

Fries Smiley PK

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45119
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smiley Fries	2 Ounce		228818

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK.

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	0.333

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	106.67		
Fat	4.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.33mg		
Carbohydrates	16.67g		
Fiber	1.33g		
Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.33mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	188.13		
Fat	7.05g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	270.43mg		
Carbohydrates	29.39g		
Fiber	2.35g		
Sugar	0.00g		
Protein	2.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.35mg

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