

ZESTY SWEET POTATO FRIES

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38038
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIB CUT	4 Ounce		192381

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	0.592
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	224.85
Fat	10.65g
SaturatedFat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	591.72mg
Carbohydrates	29.59g
Fiber	2.37g
Sugar	7.10g
Protein	1.18g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 37.87mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available