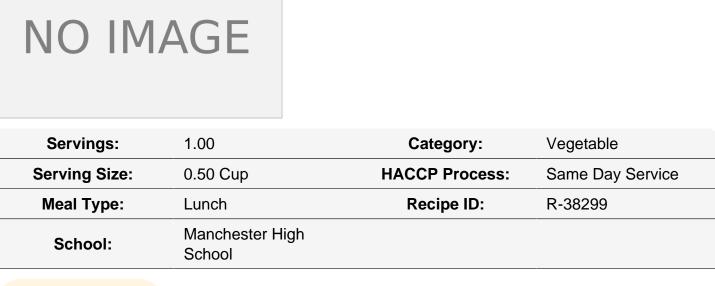
SEASONED WAFFLE FRIES



Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Starch

Amount Per Serving	. ,
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000

0.500

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

Amount Per Serving						
Calories		160.00				
Fa	t	10.00g				
Saturat	edFat	1.50g				
Trans	s Fat	0.00g				
Choles	sterol	0.00mg				
Sodium		320.00mg				
Carbohydrates		19.00g				
Fiber		1.00g				
Sugar		1.00g				
Protein		2.00g				
Vitamin A	0.00IU	Vitamin C	0.00mg			
Calcium	10.00mg	Iron	0.40mg			

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

Nutrition - Per 100g

No 100g Conversion Available