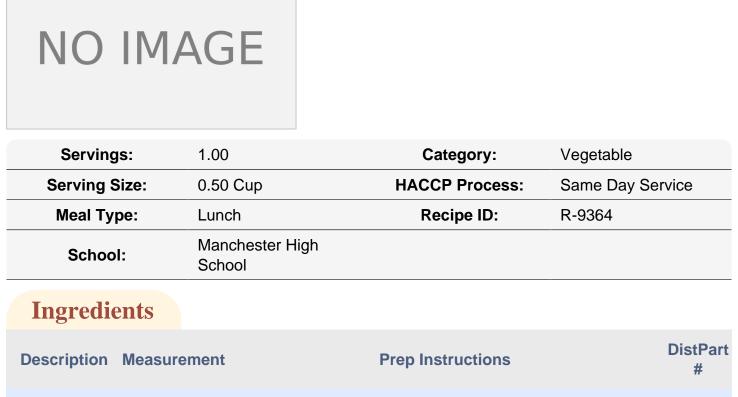
REDSTONE CANYON POTATO WEDGES



FRIES WEDGE 8CUT	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	199080
---------------------	---------	--	--------

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per	Serving	
	Meat	

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.530

Nutrition Facts

Servings Per Recipe: 1.00 Serving Size: 0.50 Cup

<u> </u>						
Amount Per Serving						
Calories	138.13					
Fat	6.38g					
SaturatedFat	1.06g					
Trans Fat	0.00g					
Cholesterol	0.00mg					
Sodium	626.91mg					
Carbohydrates	20.19g					
Fiber	1.06g					
Sugar	1.06g					
Protein	2.13g					
Vitamin A 0.00IU	Vitamin C	0.00mg				
Calcium 10.63mg	Iron	0.43mg				

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

Nutrition - Per 100g

No 100g Conversion Available