

REDSTONE CANYON POTATO WEDGES

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9364
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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	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

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