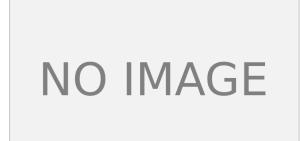
Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

Directions:

,

,1: Wash hands.

,2: Bake french fries according to manufacturer's instructions.

,3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving				
Meat	0.000			
Grain	0.000			
Fruit	0.000			
GreenVeg	0.000			

0.500

0.000

0.000

0.000

RedVeg

Legumes

OtherVeg

Starch

Nutrition Facts

Servings Per Recipe: 100.00 Serving Size: 1.00 Serving

3		3			
Amount Per Serving					
Calories		168.53			
Fat		6.32g			
SaturatedFat		1.05g			
Trans Fat		0.00g			
Cholesterol		0.00mg			
Sodium		252.80mg			
Carbohydrates		25.28g			
Fiber		1.05g			
Sugar		7.37g			
Protein		1.05g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	31.60mg	Iron	0.53mg		

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

Nutrition - Per 100g

No 100g Conversion Available