

# 9-12: Potato Wedges 1 cup

|                      |          |                       |                  |
|----------------------|----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Cup | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-40273          |

## Ingredients

| Description                     | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|-------------------|------------|
| FRIES WDG 8CUT CRSPY OVEN R/SOD | 1 Cup       |                   | 174251     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 1.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 269.73                  |
| <b>Fat</b>              | 11.56g                  |
| <b>SaturatedFat</b>     | 1.93g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 404.60mg                |
| <b>Carbohydrates</b>    | 38.53g                  |
| <b>Fiber</b>            | 1.93g                   |
| <b>Sugar</b>            | 1.93g                   |
| <b>Protein</b>          | 1.93g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 19.27mg  | <b>Iron</b> 0.58mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available