

Fries-Crinkle Cut K-8

NO IMAGE

| | | | |
|----------------------|------------|-----------------------|------------------|
| Servings: | 160.00 | Category: | Vegetable |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44496 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|--|------------|
| FRIES 1/2IN C/C OVEN | 30 Pound | BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. | 200697 |

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 3.00 Ounce

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 100.00 |
| Fat | 3.00g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 20.00mg |
| Carbohydrates | 18.00g |
| Fiber | 1.00g |
| Sugar | 1.00g |
| Protein | 1.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 10.00mg | Iron 0.30mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 117.58 |
| Fat | 3.53g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 23.52mg |
| Carbohydrates | 21.16g |
| Fiber | 1.18g |
| Sugar | 1.18g |
| Protein | 1.18g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 11.76mg | Iron 0.35mg |

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