

CRISPY FRENCH FRIES



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16612
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS FINE COAT	28 Piece		199920

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: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		163.33	
Fat		5.44g	
SaturatedFat		0.93g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		513.33mg	
Carbohydrates		26.44g	
Fiber		1.56g	
Sugar		0.00g	
Protein		1.71g	
Vitamin A	0.00IU	Vitamin C	3.11mg
Calcium	15.56mg	Iron	0.47mg

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

Nutrition - Per 100g

Calories		192.05	
Fat		6.40g	
SaturatedFat		1.10g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		603.58mg	
Carbohydrates		31.09g	
Fiber		1.83g	
Sugar		0.00g	
Protein		2.01g	
Vitamin A	0.00IU	Vitamin C	3.66mg
Calcium	18.29mg	Iron	0.55mg

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