

ZESTY SWEET POTATO FRIES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38038
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT SEASONED RIBCUT	4 Ounce		192381

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	0.592
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		224.85	
Fat		10.65g	
SaturatedFat		0.59g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		591.72mg	
Carbohydrates		29.59g	
Fiber		2.37g	
Sugar		7.10g	
Protein		1.18g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	37.87mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available