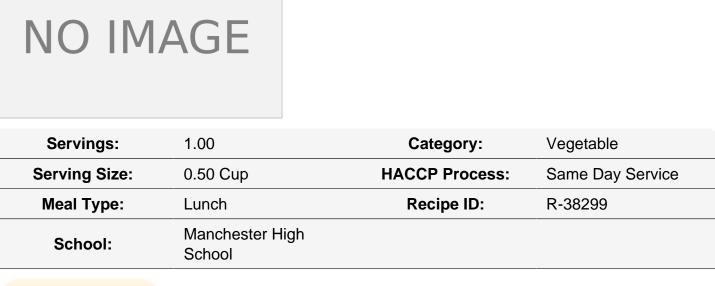
# **SEASONED WAFFLE FRIES**



## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CROSSTRAX	3 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103

# **Preparation Instructions**

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving	<b>、</b> ,	
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: 0.50 Cup

Amount Per Serving						
Calories	160.00					
Fat	10.00g					
SaturatedFat	1.50g					
Trans Fat*	0.00g					
Cholesterol	0.00mg					
Sodium	320.00mg					
Carbohydrates	19.00g					
Fiber	1.00g					
Sugar	1.00g					
Protein	2.00g					
Vitamin A 0.00IU	Vitamin C	0.00mg				
Calcium 10.00mg	Iron	0.40mg				

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

#### Nutrition - Per 100g

No 100g Conversion Available