

# REDSTONE CANYON POTATO WEDGES



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9364
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 8CUT	1/2 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 2 TO 4 MINUTES.	199080

## 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>	0.530

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		138.13	
<b>Fat</b>		6.38g	
<b>SaturatedFat</b>		1.06g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		626.91mg	
<b>Carbohydrates</b>		20.19g	
<b>Fiber</b>		1.06g	
<b>Sugar</b>		1.06g	
<b>Protein</b>		2.13g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.63mg	<b>Iron</b>	0.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available