

# Curly Fries



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23220
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CURLY SEAS	1/2 Cup	Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.	437350

## Preparation Instructions

Cook from frozen state. Fill fryer basket half full, deep fry at 350 degrees for 3 - 3 1/2 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## 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>	0.017

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
<b>Calories</b>	5.00		
<b>Fat</b>	0.27g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.00mg		
<b>Carbohydrates</b>	0.67g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	0.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.33mg	<b>Iron</b>	0.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available