

Fries Sweet Potato Crinkle MTG



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-100
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	19 3/4 Pound		628100

Preparation Instructions

- Directions:
- ,1: Wash hands.
 - ,2: Bake french fries according to manufacturer's instructions.
 - ,
 - ,3.17 oz svg = 1/2 c. red/orange vegetable

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		168.53	
Fat		6.32g	
SaturatedFat		1.05g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		252.80mg	
Carbohydrates		25.28g	
Fiber		1.05g	
Sugar		7.37g	
Protein		1.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

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

Nutrition - Per 100g

No 100g Conversion Available