

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
Beans, Peas, and Lentils	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	
Saturated Fat		1.05g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		252.80mg	
Carbohydrates		25.28g	
Fiber		1.05g	
Sugar		7.37g	
Added Sugar		0.00g	
Protein		1.05g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	31.60mg	Iron	0.53mg

Nutrition - Per 100g

No 100g Conversion Available