

# Potato Wedge

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35913
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	1/2 Cup		609676

## Preparation Instructions

FRY 1.5 LBS AT 360 DEGREES F. FOR 3 MINUTES. CONVECTION OVEN COOK AT 400 DEGREES F FOR 8 - 12 MINUTES. CONVENTIONAL OVEN COOK AT 400 DEGREES F FOR 22 - 25 MINUTES. IMPINGEMENT OVEN COOK AT 450 DEGREES F FOR 8 - 11 MINUTES.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving			
<b>Calories</b>	81.13		
<b>Fat</b>	3.40g		
<b>Saturated Fat</b>	0.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	206.67mg		
<b>Carbohydrates</b>	11.33g		
<b>Fiber</b>	1.33g		
<b>Total Sugar</b>	0.67g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1.33g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.84mg	<b>Iron</b>	0.27mg

### Nutrition - Per 100g

No 100g Conversion Available