

Waffle Fries

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10080 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------|-------------|---|------------|
| FRIES WAFFLE | 1/2 Cup | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES. | 201081 |

Preparation Instructions

CONVECTION

PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

DEEP_FRY

FILL BASKET HALF FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1

4 TO 2 3

4 MINUTES.

4 ounce spoodle or boat

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

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

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.500 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | 53.33 | | |
| Fat | 2.22g | | |
| Saturated Fat | 0.22g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 8.89mg | | |
| Carbohydrates | 7.56g | | |
| Fiber | 0.44g | | |
| Total Sugar | 0.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 0.44g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available