

Crinkle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8551
School:	Graves County Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2IN C/C CONCRTN	1/2 Cup	DEEP_FRY Deep Fry: 345° - 350°F for 3 ¼-3 ¾ minutes. Deep fry from frozen state. Fill basket ½ full.	416495

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

Amount Per Serving

Component	Amount
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	21.67		
Fat	0.83g		
Saturated Fat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.17mg		
Carbohydrates	3.00g		
Fiber	0.33g		
Total Sugar	0.17g		
Added Sugar	0.00g		
Protein	0.33g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.12mg

Nutrition - Per 100g

No 100g Conversion Available
