

Curly Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23220
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES CURLY SEAS	1/2 Cup		437350

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

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	50.00		
Fat	2.67g		
Saturated Fat	0.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	120.00mg		
Carbohydrates	6.67g		
Fiber	0.33g		
Total Sugar	0.33g		
Added Sugar	0.00g		
Protein	0.67g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.33mg	Iron	0.13mg

Nutrition - Per 100g

No 100g Conversion Available