

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

| | |
|---------------------------------|-------|
| 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