

Fries Spiral



Servings:	120.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44497

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SPIRAL SEAS CRSPY OVEN	24 Pound	<p>BAKE PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS IN A SINGLE LAYER ON A DARK, NON-STICK BAKING SHEET OR SHALLOW BAKING PAN. BAKE FOR 11 MINUTES, FLIP PRODUCT OVER AND CONTINUE BAKING AN ADDITIONAL 11 MINUTES. SERVE IMMEDIATELY.</p> <p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN SPIRALS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 13 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN SPIRALS. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	717490

Preparation Instructions

1 case yields 120 Servings

1 bag yields 20 portions

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: 120.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	138.67
Fat	5.33g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	309.33mg
Carbohydrates	22.40g
Fiber	1.49g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.07g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 10.67mg	Iron 0.30mg

Nutrition - Per 100g

Calories	163.04
Fat	6.27g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	363.71mg
Carbohydrates	26.34g
Fiber	1.76g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 12.54mg	Iron 0.35mg