

Fries Wedge



Servings:	120.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44282

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 10CUT	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES. DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.	823081

Preparation Instructions

PREHEAT OVEN TO 425 F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKEFOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TOLIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

Thawing Instructions

1 case yields 120 servings

1 bag yields 20 servings

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	160.00
Fat	6.67g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	493.33mg
Carbohydrates	26.67g
Fiber	1.33g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.67g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.48mg

Nutrition - Per 100g

Calories	188.13
Fat	7.84g
Saturated Fat	0.78g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	580.06mg
Carbohydrates	31.35g
Fiber	1.57g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.14g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.56mg