

# Fries Wedge



<b>Servings:</b>	120.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 3.00 Ounce

Amount Per Serving	
<b>Calories</b>	160.00
<b>Fat</b>	6.67g
<b>Saturated Fat</b>	0.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	493.33mg
<b>Carbohydrates</b>	26.67g
<b>Fiber</b>	1.33g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.67g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.48mg

## Nutrition - Per 100g

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