

Fries-Sweet Potato



Servings:	80.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44493

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8IN	15 Pound	<p>CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.</p> <p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1/2 MINUTES.</p>	273660

Preparation Instructions

Basic Preparation

DEEP FRY: FILL BASKET ONE THIRD FULL (1 LB.) WITH FROZEN PRODUCT. DEEP FRY @ 350°F FOR 2 1/4 TO 2 3/4 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

1 case yields 80=3oz portion

1 bag yields 13 =3 oz portion

2 bag yields 26=3 oz portion

3 bag yields 39=3oz portion

4 bag yields 52=3oz portion

5 bag yields 65 =3oz portion

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	150.00		
Fat	6.00g		
Saturated Fat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	190.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Total Sugar	7.00g		
Added Sugar	1.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.50mg

Nutrition - Per 100g

Calories	176.37		
Fat	7.05g		
Saturated Fat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	223.40mg		
Carbohydrates	27.04g		
Fiber	1.18g		
Total Sugar	8.23g		
Added Sugar	1.18g		
Protein	1.18g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.59mg