

Ranch Wedge Potato



Servings:	1.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50182
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE W/RANCH	3 Ounce		609676

Preparation Instructions

No Preparation Instructions available.

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: 3.00 Ounce

Amount Per Serving	
Calories	121.70
Fat	5.10g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	17.00g
Fiber	2.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 19.26mg	Iron 0.41mg

Nutrition - Per 100g

Calories	143.09
Fat	6.00g
Saturated Fat	1.18g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	364.50mg
Carbohydrates	19.99g
Fiber	2.35g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	2.35g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 22.65mg	Iron 0.48mg