

HS: Fries- 1 Cup



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57774
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	4 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

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	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	133.33		
Fat	4.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	24.00g		
Fiber	1.33g		
Total Sugar	1.33g		
Added Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.40mg

Nutrition - Per 100g

Calories	117.58		
Fat	3.53g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	23.52mg		
Carbohydrates	21.16g		
Fiber	1.18g		
Total Sugar	1.18g		
Added Sugar	0.00g		
Protein	1.18g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.35mg