

# Grand Slam Fries

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57026
<b>School:</b>	Liberty Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16" X 3/8" THIN	4 Ounce		227951
SAUCE CHS ULTIM YEL POU 6-106Z LOL	2 Ounce		310668

## Preparation Instructions

Cook liquid cheese to temp. Place 4oz fries in a paper boat then add 2oz of cheese.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.500
<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: 1.00

Serving Size: 0.50 Each

Amount Per Serving	
<b>Calories</b>	278.10
<b>Fat</b>	15.73g
<b>Saturated Fat</b>	5.45g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.29mg
<b>Sodium</b>	785.14mg
<b>Carbohydrates</b>	29.41g
<b>Fiber</b>	1.33g
<b>Total Sugar</b>	1.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	7.24g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 161.45mg	<b>Iron</b> 0.53mg

## Nutrition - Per 100g

<b>Calories</b>	163.49
<b>Fat</b>	9.25g
<b>Saturated Fat</b>	3.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.75mg
<b>Sodium</b>	461.58mg
<b>Carbohydrates</b>	17.29g
<b>Fiber</b>	0.78g
<b>Total Sugar</b>	0.78g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.26g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 94.91mg	<b>Iron</b> 0.31mg