

# 9-12: Potato Wedges 1 cup

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40273

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WDG 8CUT CRSPY OVEN R/SOD	1 Cup	5.78 ounce weight	174251

## Preparation Instructions

No Preparation Instructions available.

### 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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	269.73
<b>Fat</b>	11.56g
<b>Saturated Fat</b>	1.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	404.60mg
<b>Carbohydrates</b>	38.53g
<b>Fiber</b>	1.93g
<b>Total Sugar</b>	1.93g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.93g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 19.27mg	<b>Iron</b> 0.58mg

## Nutrition - Per 100g

<b>Calories</b>	164.61
<b>Fat</b>	7.05g
<b>Saturated Fat</b>	1.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.92mg
<b>Carbohydrates</b>	23.52g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	1.18g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.18g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.76mg	<b>Iron</b> 0.35mg