

9-12: Potato Wedges 1 cup

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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	269.73
Fat	11.56g
Saturated Fat	1.93g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	404.60mg
Carbohydrates	38.53g
Fiber	1.93g
Total Sugar	1.93g
Added Sugar	0.00g
Protein	1.93g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 19.27mg	Iron 0.58mg

Nutrition - Per 100g

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