

Fries Crinkle Cut

NO IMAGE

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44824
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2" C/C OVEN	30 Pound	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: 80.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	200.00
Fat	6.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.00mg
Carbohydrates	36.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 0.60mg

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 RAE	Vitamin C 0.00mg
Calcium 11.76mg	Iron 0.35mg