

# Loaded French Fries

NO IMAGE

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | R-44326          |

## Ingredients

| Description                        | Measurement | Prep Instructions   | DistPart # |
|------------------------------------|-------------|---|------------|
| SAUCE CHS CHED<br>POUCH 6-106Z LOL | 25 Cup      | 2oz portion=Use #10 Scoop   | 135261     |
| CHILI BEEF W/BEAN                  | 50 Cup      | 2oz portion=Use #10 Scoop   | 344012     |
| FRIES 3/8" SC XLNG                 | 29 Pound    | CONVECTION<br>PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.<br>DEEP_FRY<br>FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1 2 MINUTES. | 510043     |

## Preparation Instructions

Assemble Serving build your own- All or Any combination of these ingredients.

Place 1 cup french fries in boat,

top with 2oz of Chili,

then add 2oz (Use #10 Scoop) of Cheddar cheese sauce,

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 1.172 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.033 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.773 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

| Amount Per Serving             |                         |
|--------------------------------|-------------------------|
| <b>Calories</b>                | 267.70                  |
| <b>Fat</b>                     | 12.07g                  |
| <b>Saturated Fat</b>           | 4.65g                   |
| <b>Trans Fat</b>               | 0.00g                   |
| <b>Cholesterol</b>             | 22.66mg                 |
| <b>Sodium</b>                  | 450.66mg                |
| <b>Carbohydrates</b>           | 32.13g                  |
| <b>Fiber</b>                   | 1.89g                   |
| <b>Total Sugar</b>             | 0.43g                   |
| <b>Added Sugar</b>             | 0.00g                   |
| <b>Protein</b>                 | 7.66g                   |
| <b>Vitamin A</b> 107.38mcg RAE | <b>Vitamin C</b> 1.63mg |
| <b>Calcium</b> 213.37mg        | <b>Iron</b> 0.26mg      |

## Nutrition - Per 100g

|                               |                         |
|-------------------------------|-------------------------|
| <b>Calories</b>               | 183.71                  |
| <b>Fat</b>                    | 8.28g                   |
| <b>Saturated Fat</b>          | 3.19g                   |
| <b>Trans Fat</b>              | 0.00g                   |
| <b>Cholesterol</b>            | 15.55mg                 |
| <b>Sodium</b>                 | 309.26mg                |
| <b>Carbohydrates</b>          | 22.05g                  |
| <b>Fiber</b>                  | 1.30g                   |
| <b>Total Sugar</b>            | 0.29g                   |
| <b>Added Sugar</b>            | 0.00g                   |
| <b>Protein</b>                | 5.26g                   |
| <b>Vitamin A</b> 73.69mcg RAE | <b>Vitamin C</b> 1.12mg |
| <b>Calcium</b> 146.43mg       | <b>Iron</b> 0.18mg      |