

Fries-Waffle K-8

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44485
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE	9 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS. UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.	201081

Preparation Instructions

Place fries, in a single layer, on a cookie tray lined with white baking paper. Place tray on rolling rack and put in cooler until ready to bake. Bake for 10 minutes, turn tray around, and bake an additional 10 minutes. If using the convection oven, cook for 11-13 minutes; do not turn the trays. Temp. at 165 degrees or higher. Spray a 4B metal pan and place the empty pan on the hot case line in the serving rooms. Place trays in room warmers until ready to serve.

These fries DO NOT HOLD their temps.

10lb=50 servings

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	120.00
Fat	5.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	20.00mg
Carbohydrates	17.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	423.28
Fat	17.64g
Saturated Fat	1.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.55mg
Carbohydrates	59.96g
Fiber	3.53g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.53g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg