

Fries Straight

NO IMAGE

Servings:	71.50	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44826
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	27 Pound	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES. DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	200611

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	1.343

Nutrition Facts

Servings Per Recipe: 71.50

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	214.83
Fat	8.06g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	40.28mg
Carbohydrates	34.91g
Fiber	2.69g
Total Sugar	2.69g
Added Sugar	0.00g
Protein	2.69g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 26.85mg	Iron 0.54mg

Nutrition - Per 100g

Calories	125.42
Fat	4.70g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.52mg
Carbohydrates	20.38g
Fiber	1.57g
Total Sugar	1.57g
Added Sugar	0.00g
Protein	1.57g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 15.68mg	Iron 0.31mg