

Fries-Wedge

NO IMAGE

Servings:	80.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44829
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE 10CUT	30 Pound	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES. DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN WEDGES. DEEP FRY @ 350° F FOR 3 1 4 TO 3 3 4 MINUTES.	823081

Preparation Instructions

PREHEAT OVEN TO 425 F. SPREAD FROZEN WEDGES EVENLY ON A SHALLOW BAKING PAN. BAKEFOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TOLIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

Thawing Instructions

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	240.00
Fat	10.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	740.00mg
Carbohydrates	40.00g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.72mg

Nutrition - Per 100g

Calories	141.10
Fat	5.88g
Saturated Fat	0.59g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	435.06mg
Carbohydrates	23.52g
Fiber	1.18g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.35g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.42mg