

**A174 – POTATOES, FROZEN, IQF, WEDGES, 5 LB**



**Nutrition Information**

Potato wedges, frozen

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). Potatoes may be water/oil blanched or water blanched (prebaked).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 14<sup>7</sup>/<sub>8</sub> cups baked potato wedges and provides about 59.5 ¼-cup servings baked vegetable.</li> <li>One lb AP yields 0.71 lb (about 2<sup>7</sup>/<sub>8</sub> cups) baked potato wedges and provides about 11.9 ¼-cup servings baked vegetable.</li> <li>CN Crediting: ¼ cup baked potato wedges provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.</li> </ul>

	¼ cup (38 g)	½ cup (76 g)
Calories	47	94
Protein	1.03 g	2.06 g
Carbohydrate	9.69 g	19.38 g
Dietary Fiber	0.8 g	1.6 g
Sugars	0.11 g	0.22 g
Total Fat	0.84 g	1.68 g
Saturated Fat	0.21 g	0.42 g
<i>Trans</i> Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.27 mg	0.54 mg
Calcium	6 mg	12 mg
Sodium	19 mg	38 mg
Magnesium	7 mg	14 mg
Potassium	150 mg	300 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)	<ul style="list-style-type: none"> <li>• Cooking times are based on a full oven load, potatoes spread one layer deep:             <ul style="list-style-type: none"> <li>– Conventional oven at 475 °F for about 25 to 30 minutes; OR,</li> <li>– Convection oven at 450 °F for about 15 minutes.</li> </ul> </li> <li>• Heat to desired golden brown and crisp. <b>SERVE IMMEDIATELY.</b></li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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