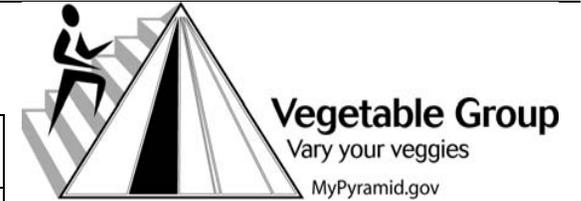


A210 – POTATOES, FROZEN, OVEN FRY, 5 LB



Nutrition Information

Potatoes, French fried, crinkle cut, salt added in processing, oven-heated

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A, low moisture, frozen French fried potatoes that have been crinkle cut. Potato strips will be from 3/8 inch to 1/2 inch across.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pkgs per case. One 5 lb pkg AP yields about 20 1/4 cups baked crinkle cut French fries and provides about 81.0 1/4-cup servings baked vegetable. One lb AP yields 0.92 lb (about 4 cups) baked crinkle cut French fries and provides about 16.2 1/4-cup servings baked vegetable. CN Crediting: 1/4 cup baked crinkle cut French fries provides 1/4 cup vegetable.
STORAGE	<ul style="list-style-type: none"> 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. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> 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.

	3 oz (about 15 pieces) (85 g)	1/2 cup (52 g)
Calories	120	73
Protein	2 g	1 g
Carbohydrate	19 g	12 g
Dietary Fiber	2 g	1 g
Sugars	0 g	0 g
Total Fat	4 g	2 g
Saturated Fat	1 g	0.6 g
Trans Fat	2 g	1 g
Cholesterol	0 mg	0 mg
Iron	0.4 mg	0.2 mg
Calcium	0 mg	0 mg
Sodium	18 mg	11 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	6.3 mg	3.9 mg
Vitamin E	N/A	N/A



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS (con't)	<ul style="list-style-type: none"> • Cooking times are based on a two pan oven load of 2 lb 8 oz per pan, potatoes spread one layer deep, using one of the following: <ul style="list-style-type: none"> - Conventional oven at 450 °F for about 20 to 26 minutes; OR, - Convection oven at 425 °F for about 12 to 13 minutes. • Heat to desired golden brown and crisp. SERVE IMMEDIATELY.
USES AND TIPS	<ul style="list-style-type: none"> • Serve French fries plain.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • 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. • Do not refreeze potatoes.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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