

Battered Waffle Fries

Code:	10005309
Case Pack:	6/4 lb.
Net Weight:	24 lbs.
Storage:	Frozen
Pallet Config:	10T x 7H 70 cs per pallet



Nutrition Facts

Serving size	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0.17g	
Polyunsaturated Fat 4.85g	
Monounsaturated Fat 4.58g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 14.11mg	2%
Iron 0.61mg	4%
Potassium 274mg	6%
Vitamin C	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation Instructions:

Deep fry: half full (1.5 lbs) at 350°F for 2 1/4 to 2 3/4 minutes. Shake basket after 30 seconds. Always cook to a light golden colour.

Not recommended for cooking in a microwave oven.

Ingredients: Potatoes, vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower and/or corn), wheat flour, modified corn starch, yellow corn flour, salt, sodium phosphate, dextrose, autolyzed yeast, baking powder, modified cellulose, colour.

Allergens: Wheat

Child Nutrition: none on file