

Ingredient Report

Ingredient Name: Potato, Spiral Cut French Fries, Redstone Canyon, McCain Foods, MCL03622, Veg-S

Ingredient Code: SI100056

Allergens: Contains Wheat

Measure	Weight In Grams
1/2 cup fries (L v1)	60.00
3 Ounce serving (L v1)	85.05

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
183.888	8.359	0.836	0.000	0.000	501.513	25.076	1.672	0.000	1.672	0.602	0.000	0.000	6.018	(M)	(M)

Nutrients per 2 1/8 Ounce (59.819 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
110.000	5.000	0.500	0.000	0.000	300.000	15.000	1.000	0.000	1.000	0.360	0.000	0.000	3.600	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.

Pre-Preparation Instructions

- FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

Deep Fry: Temp(°F): 350 - Cooking Time(min): 2-1/4 to 2-3/4

Convection: Temp(°F): 425 - Cooking Time(min): 11 to 15