

Seasoned Potato Wedges

Number of Servings: 1 (87.27 g per serving)

Weight: 87.27 g

Ingredient	Comments
French Fries, wedges, 1/2" x 1/2", 80% ckd, fzn, FS	
Oil, soybean, salad or cooking	

Nutrition Facts	
Serving Size About 10 Wedges (87g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 15%
Calcium 0%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

Potatoes, soybean oil, seasoning (salt, butter, [cream, salt], potato flour, onion, spices, nonfat milk solids, garlic, c pyrophosphate (to maintain color).

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icken broth powder), disodium dihydrogen

