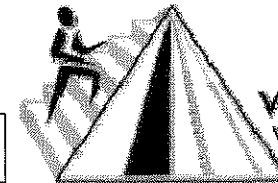


**A173 – POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5 LB**



**Vegetable Group**

Vary your vegetables

10/15/2009

<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). The fat-free potato wedges contains no oil and are water blanched by baking, microwaved, or roasted.</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<math>\frac{7}{8}</math> cups baked potato wedges and provides about 59.5 <math>\frac{1}{4}</math>-cup servings baked vegetable.</li> <li>One lb AP yields 0.71 lb (about 2<math>\frac{7}{8}</math> cups) baked potato wedges and provides about 11.9 <math>\frac{1}{4}</math>-cup servings baked vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup baked potato wedges provides <math>\frac{1}{4}</math> 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. 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. Cook potato wedges in a conventional oven at 450 °F for 8 to 10 minutes OR in a convection oven at 500 °F for 3 to 5 minutes. Heat to desired brownness. Serve immediately.</li> </ul>

**Nutrition Information**

Fat-free potato wedges, frozen

	$\frac{1}{4}$ cup (38 g)	$\frac{1}{2}$ cup (76 g)
Calories	34	68
Protein	1.14 g	2.28 g
Carbohydrate	7.98 g	15.96 g
Dietary Fiber	0.8 g	1.5 g
Sugars	0.38 g	0.76 g
Total Fat	0.0 g	0.0 g
Saturated Fat	0. g	0.0 g
Trans Fat	0.0 g	0.0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.80 mg
Calcium	7 mg	14 mg
Sodium	4 mg	8 mg
Magnesium	11 mg	23 mg
Potassium	209 mg	418 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.9 mg	9.8 mg
Vitamin E	0.02 mg	0.03 mg