

Nutritional Information for FRIES 3/8" R/C CLR COAT 6-4.5# CAVFM

Product Number:	199910
Description:	AP French Fries, Clear Coat Thin 3/8", 3

Nutritional Information			
Serving Size .5 cup (63 g)			
Amount Per Serving			
Calories 111		Calories from Fat 40	
% Daily Value			
Total Fat	4 g	7%	
Saturated Fat	1 g	4%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	297 mg	12%	
Potassium	229 mg	7%	
Total Carbs	16 g	5%	
Dietary Fiber	2 g	6%	
Sugars	0 g	n/a	
Protein	2 g	3%	
Vitamin A -	0%	Vitamin C -	4%
Calcium -	0%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
2.25 oz		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.50 cup	Vitamin E	n/a
Grain/Bread	0.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	3 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a