



USDA Foods in Schools

100357 - Potatoes, Oven Fries, Low-sodium

Category: **Vegetables**

Subgroup: **Starchy**



Product Description

- This item is U.S. Grade A French cut oven ready potatoes that are low-sodium. This product is delivered frozen in cases containing six 5-pound packages.

Crediting/Yield

- One case yields about 210 ½-cup servings of baked oven fries.
- CN Crediting: ½ cup cooked potatoes credits as ½ cup starchy vegetable.

Culinary Tips and Recipes

- Oven fries can be seasoned and served as a side or used as a base for a loaded potato dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (85 g) oven potatoes, low-sodium

Amount Per Serving

Calories 130

Total Fat 4g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 30mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 0g

Protein 2g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.