

**Product Information**  
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**100532 - Fries Yuca Steak Cut - Comida Vid 470620**

**UPC: 008-50057-00708-4**

Sales/Marketing	Packaging	Preparation
Fries - Yuca Steak Cut Fries - Comida Vida.  CN Label: CNE  Shelf Life: 24 Months, Frozen	Pack Size: 4 / 6#  MFG#: 470620  GTIN: 00850057007084  Case Cube: 0.84  Updated: 11/20/2019	<p>Restaurant Use/Commercial Deep Fryers: Preheat Enough Oil At 350-360°F (176-182°C) To Cover The Fries. Place Up To 1 Lb. Of Yuca Fries. Do Not Overload Basket And Carefully Lower Basket Into Hot Oil. Fry For 2-3 Minutes. Do Not Overcook.</p> <p>Pan Fry Instructions: Heat 1/2 Cup Of Cooking Oil In Large Skillet Over Medium-High Heat. Carefully Add Frozen Yuca Fries To Form a Single Layer. Fry 3 Minutes, Turning Frequently. Cook To A Light Golden Color. Drain On Paper Towels. Season To Taste.</p> <p>Oven Instructions: Pre-Heat Oven To 400°F. Grease Bottom Of Baking Sheet Generously With Vegetable Oil. Arrange Frozen Yuca Fries In A Single Layer. Bake To A Light Golden Brown, Approximately For 12 Minutes. Season To Taste.</p>

Ingredients
Casava, Salt, Potato Starch
Allergy Info
NONE
Notes
Sugar <1g, Protein <1g, Vitamin D <0.6mcg, Iron <0.1mg

**INFO**

## Nutrition Facts

128.000 servings per case

**Serving size 85g, 3z, 3 fries**

**Amount per serving**

**Calories**

**160.0**

**% Daily Value\***

Fat Calories 54.0

**Total Fat** 6.0g

**9%**

Saturated Fat 1.0g

**5%**

Trans Fat 0.0g

**0%**

**Cholesterol** 0.0mg

**0%**

**Sodium** 170.0mg

**7%**

**Total Carbohydrates** 25.0g

**8%**

Dietary Fiber 2.0g

**8%**

**Potassium** 255.0mg

**7%**

**Calcium** 14.0mg

**1%**

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### School Equivalents

Serving Size 85g, 3z, 3 fries

Meat/Meat Alternatives

Fruit/Vegetables 1/4c

Grain/Bread

Grains based on

Child Nutrition CNE

The product information, nutritional information and list of ingredients provided on this website were obtained from the vendor or manufacturer of the product. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. do not perform any independent evaluation of the products, including nutritional value of the food or the contents of its ingredients. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. provide product information, nutritional information and/or list of ingredients solely as a courtesy.

Ingredients are subject to change at the manufacturer's discretion. For the most complete and up-to-date list of ingredients, please refer to the product packaging.