



## USDA Foods in Schools

**100356 - Potatoes, Wedges, Fat Free, Low-sodium**

**Category: Vegetables**

**Subgroup: Starchy**



### Product Description

- This item is U. S. Grade A individually quick frozen (IQF) potato wedges prepared from Russet type potatoes. The potato wedges are low-sodium and fat free as they are just blanched with water. This item is delivered frozen in cases containing six 5-pound bags.

### Crediting/Yield

- One case yields about 179 ½-cup servings of baked potato wedges.
- CN Crediting: ½ cup baked potato wedges credits as ½ cup starchy vegetable.

### Culinary Tips and Recipes

- Potato wedges can be baked and served as a side, be the base for a loaded potato dish, or be cut up and added to casseroles or soups.
- 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](#).

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### Nutrition Facts

Serving size: 1/2 cup (84 g) potato wedges, low-sodium, fat free

#### Amount Per Serving

**Calories** 90

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 25mg

**Total Carbohydrate** 20g

Dietary Fiber 2g

Sugars 1g

**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.