

FAT FREE

POTATO WEDGE

FAT FREE vs. CURRENT COMMODITY WEDGES

- ✓ HEALTHIER
- ✓ NO FAT.
- ✓ 45% FEWER CALORIES
- ✓ 25% FEWER CARBOHYDRATES
- ✓ SCHOOL KIDS LIKED THEM BETTER*
- ✓ FOODSERVICE STAFF LIKED THEM BETTER**
- ✓ LITE, CRISP OUTSIDE; MOIST INSIDE
- ✓ THEY BAKE GOLDEN IN 8 MINUTES
- ✓ HOLDS GREAT ON THE SERVING LINE

Nutritional Facts

Serving Size 3 oz./85g

Amount Per Serving

Calories: 61

Calories from fat: 0

% Daily Value

Total Fat: 0 g 0%

Saturated Fat: 0 g 0%

Cholesterol: 0 mg 0%

Sodium: 30 mg 1%

Total Carbohydrates: 15 g 7%

Dietary Fiber: 2 g 8%

Sugar: less than 1 g 0%

Protein: 2 g 4%

Vitamin C 16 %

Not a significant source of vitamin A, calcium, and Iron

* Percent Daily Values are based on a 2,000 Calorie Diet. Your Daily values may be higher or lower depending on your calorie needs:

** Contains Less than 2% of Daily Value.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium Less than 3,500mg 3,500mg

Total Carbohydrates 300g 375g

Total Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

**ALL KIDS AND STAFF SURVEYED LIKE THE NEW FAT FREE POTATO WEDGES BETTER. SAMPLINGS CONDUCTED IN THE OHIO STATE SCHOOL DISTRICT.