**goal post (french fries)**

Instructional Food Service OCC

Categories: lunch

Locations: Game ON

erving Size 12 oz (340g)

servings Per Container 1

**Nutrient Descriptors**

Cholesterol Free

Good Source of Iron

Good Source of Potassium

Good Source of Protein

High in Carbohydrates

High in Fiber

High in Vitamin C

Not a Low Calorie Food

Sugar Free

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 570

Calories From Fat 260

Total Fat 29g 43%\*

Saturated Fat 8g 36%\*

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 9g

Cholesterol 0 mg 0%\*

Sodium 1090mg 45%\*

Total Carbohydrate 71g 24%\*

Dietary Fiber 8g 35%\*

Sugars 0g

Protein 7g

Vitamin A 0%\* Vitamin C 30%\*

Calcium 0%\* Iron 10%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

fries skin on shoestring (POTATOES, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CANOLA OIL,

SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, CORN OIL, SOYBEAN OIL), SALT, DISODIUM

DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE.), shortening liquid frying canola

**Contain’s**: Soy