



## Purely Potato Wedges

### Nutritional Info

		Unrestricted	Unrestricted	3 days per week
<b>NUTRITION INFORMATION</b>		<b>Per 100g Frozen</b>	<b>Per 100g Oven Baked</b>	<b>Per 100g Oven Baked with Sunflower Oil as directed</b>
Energy	kJ	280	525	584
	kcal	66	124	138
Protein	g	1.4	2.9	2.4
Carbohydrate	g	17.4	27.9	25.1
of which sugars	g	0.9	1.8	0.9
Fat	g	0.1	0.1	3.2
of which saturates	g	<0.1	<0.1	0.3
Fibre	g	2.5	4.0	3.3
Sodium	g	0.03	0.05	0.05
equivalent as salt	g	0.1	0.1	0.1
Vitamin A	µg	<20	<20	<20
Vitamin C	mg	9	2	4
Folic Acid	µg	16	<16	<16
Iron	mg	<0.5	<0.5	<0.5
Zinc	mg	<0.5	<0.5	<0.5
Calcium	mg	12	24	21

Nutrient values declared with a '<' sign re present the minimum detectable analysis limits.