

Cooking for Kids

Recipe Sizing Report

000044 - Baked Potato :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 EACH	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011352 POTATOES,FLESH & SKN,RAW....	100 medium (2.25"-3.25")	1. Wash and scrub potatoes. Let potatoes dry. 2. Place potatoes on sheet trays and place in 350° F oven. Bake for 45 minutes or until potatoes are soft.

*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	164 kcal	Cholesterol	0 mg	Sugars	1.7 g	Calcium	25.56 mg	1.05%	Calories from Total Fat
Total Fat	0.19 g	Sodium	13 mg	Protein	4.37 g	Iron	1.73 mg	0.29%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	37.25 g	Vitamin A	4.3 IU	Water ¹	168.80 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.47 g	Vitamin C	42.0 mg	Ash ¹	2.36 g	90.86%	Calories from Carbohydrates
								10.65%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.