

Cooking for Kids

Recipe Sizing Report

000010 - Roasted Red Potatoes :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011355 POTATOES,RED,FLESH & SKN,RAW...	20 lbs + 8 ozs	1. Using wedger or chef knife, cut potatoes into 1/6ths.
050385 OIL, VEGETABLE..... 002063 ROSEMARY,FRESH..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	1/4 cup 4 ozs 1/4 cup 1 Tbsp + 1 TSP (ground)	2. Place potatoes, oil, rosemary, salt, and pepper in large bowl. Toss mixture. 3. Place mixture on sheet tray and roast in oven at 350° F for 20 minutes or until tender and golden brown.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	72 kcal	Cholesterol	0 mg	Sugars	*1.2* g	Calcium	13.30 mg	9.35%	Calories from Total Fat
Total Fat	0.74 g	Sodium	204 mg	Protein	1.80 g	Iron	0.76 mg	1.84%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	15.08 g	Vitamin A	40.2 IU	Water ¹	*76.06* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.76 g	Vitamin C	8.2 mg	Ash ¹	*1.05* g	84.23%	Calories from Carbohydrates
								10.08%	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.