

# Cooking for Kids

## Recipe Sizing Report

000371 - Roasted Red Potatoes CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011355 POTATOES,RED,FLESH & SKN,RAW...	7 3/4 cup	1. Using wedger or chef knife, cut potatoes into 1/6ths.
050385 OIL, VEGETABLE..... 002063 ROSEMARY,FRESH..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	1/2 Tbsp 6 3/4 Tbsp 1/2 Tbsp 1/2 TSP (ground)	2. Place potatoes, oil, rosemary, salt, and pepper in large bowl. Toss mixture.  3. Place mixture on baking sheet and roast in oven at 350° F for 20 minutes or until tender and golden brown.

\*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	36 kcal	Cholesterol	0 mg	Sugars	*0.6* g	Calcium	6.65 mg	9.35%	Calories from Total Fat
Total Fat	0.37 g	Sodium	102 mg	Protein	0.90 g	Iron	0.38 mg	1.84%	Calories from Saturated Fat
Saturated Fat	0.07 g	Carbohydrates	7.54 g	Vitamin A	20.1 IU	Water <sup>1</sup>	*38.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.88 g	Vitamin C	4.1 mg	Ash <sup>1</sup>	*0.53* 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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.