

000004 - Roasted Potato Wedges

Recipe HACCP Process: #3 Complex Food Preparation

Source: MA FTS Cookbook
 Number of Portions: 50
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

011353 POTATOES,RUSSET,FLESH & SKN,RAW.... 15 LB	NOTE: Russet (baking) potatoes work best for this recipe. If unavailable, may need to adjust process and cooking time with other potato varieties. 1. Scrub potatoes well. Stab with a fork and bake, whole, in oven until cooked through. Convection Oven: 375°F for approx. 40 minutes Conventional Oven: 425°F for approx. 50 minutes CCP: Heat to 140° F or higher
002028 PAPRIKA..... 1 TBSP + 1 TSP 002026 ONION POWDER..... 2 TBSP + 1 TSP 002020 GARLIC POWDER..... 2 TBSP + 1 TSP 002047 SALT, TABLE..... 2 TSP 002030 PEPPER, BLACK..... 1 TSP, ground 004053 OIL, OLIVE, SALAD OR COOKING..... 1 CUP	2. Halve the potatoes lengthwise, then cut each half into 4-5 wedges each, depending on the potato size. Divide potatoes equally between parchment covered sheet pans in a single layer, skin side down (like boats). 3. Mix the paprika, onion powder, garlic powder, salt, and black pepper in a small bowl, and sprinkle evenly over the wedges. 4. Bake right before service until hot, crisp, and lightly browned. Convection Oven: 400°F for approx. 20 minutes Conventional Oven: 425°F for approx. 25 minutes CCP: Heat to 140° F or higher for at least 15 Seconds CCP: Hold at 140° F or higher for service.

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

Calories	149 kcal	Cholesterol	0.00 mg	Protein	3.05 g	Calcium	20.01 mg	26.96%	Calories from Total Fat
Total Fat	4.46 g	Sodium	101.84 mg	Vitamin A	11.43 RE	Iron	1.28 mg	3.81%	Calories from Sat Fat
Saturated Fat	0.63 g	Carbohydrate	25.30 g	Vitamin A	92.24 IU	Water ¹	107.00 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	1.93 g	Vitamin C	7.84 mg	Ash ¹	1.83 g	67.96%	Calories from Carbohydrates
								8.20%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.