

# John Stalker Institute

**000027 - Roasted Red Potatoes**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
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

902418 Potatoes, Red, flesh and skin..... 15 LB		1. Wash potatoes well in abundant cold water. Cut into halves if large, and quarters if very large. Leave whole if small.
004053 OIL, OLIVE, SALAD OR COOKING... 3/4 CUP 002047 SALT, TABLE..... 3 TBSP 002030 PEPPER, BLACK..... 1 TBSP, ground 900771 GARLIC, GRANULATED..... 3 TBSP		2. Pour olive oil over potatoes, stir or toss to coat completely.  3. Sprinkle salt, black pepper, and granulated garlic over potatoes. Stir to coat. Spread potatoes in a single layer on oiled sheet pans, or on parchment-lined baking sheets sprayed with pan spray. Roast potatoes in a single layer at the following temperatures:  Convection oven: 375° F for 35-50 minutes Conventional oven: 400°F for 45-60 minutes  CCP: Heat to 140° F or higher for at least 15 Seconds  CCP: Hold at 140° F or higher for service.
		VARIATION:  *Rosemary Roasted Potatoes - Sprinkle 1/2 oz. finely minced fresh rosemary (or 1.5 teaspoons dried rosemary) on potatoes when adding the salt, pepper, and granulated garlic. Cook as directed above.

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

Calories	152 kcal	Cholesterol	0.00 mg	Protein	3.28 g	Calcium	14.96 mg	19.27%	Calories from Total Fat
Total Fat	3.25 g	Sodium	441.01 mg	Vitamin A	4.58 RE	Iron	1.03 mg	2.67%	Calories from Sat Fat
Saturated Fat	0.45 g	Carbohydrate	27.31 g	Vitamin A	23.51 IU	Water <sup>1</sup>	*0.05* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.36 g	Vitamin C	17.29 mg	Ash <sup>1</sup>	*1.12* g	71.99%	Calories from Carbohydrates
								8.66%	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

**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.