

# Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

## 000198 - School Food Roasted Potatoes :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 50

Size of Portions: 1/2 Cup

011352 POTATO,FLESH & SKN,RAW..	12 lbs + 8 ozs
002063 ROSEMARY,FRESH.....	1/4 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 TBSP (ground)
050385 OIL, VEGETABLE.....	1/4 cup

Preheat convection oven to 350° F. (400° F. for conventional oven).

1. Wash and wedge potatoes using Sunkist sectionizer. If not cooking immediately store covered in water, refrigerated to prevent browning for up to 3 days.
2. In a large mixing bowl, toss potatoes, oil, rosemary, salt and pepper and mix thoroughly
3. Spread potatoes on parchment paper lined sheet pans in a single layer. Do not overcrowd
4. Roast in oven until lightly browned and tender, about 25-30 minutes. Rotate the sheet pans halfway through roasting if potatoes are browning unevenly.  
Note: Sweet potatoes can be substituted for red / gold thin skinned potatoes. Omit the fresh rosemary and substitute 2 T. of dried thyme.

### EQUIPMENT:

Sunkist sectionizer with 8-cut blade or  
1-Cutting board, non-slip mat and chef's knife  
Scale-22 lbs capacity  
1-Measuring spoons, full set  
1-Large metal bowl or 600 hotel pan  
1-Drymeasuring cups, full set  
Sheet pan(s)  
Parchment paper

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

Calories	97 kcal	Cholesterol	0 mg	Protein	2.30 g	Calcium	14.43 mg	11.12%	Calories from Total Fat
Total Fat	1.20 g	Sodium	148 mg	Vitamin A	0.4 RE	Iron	0.90 mg	1.85%	Calories from Sat Fat
Sat Fat	0.20 g	Carbs	19.88 g	Vitamin A	6.6 IU	Water <sup>1</sup>	*90.07* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	2.53 g	Vitamin C	22.4 mg	Ash <sup>1</sup>	*1.60* g	81.74%	Calories from Carbs
								9.46%	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.**