

Child Nutrition Meal Pattern Contribution
Basic American Foods SKU 10084
Golden Grill® Russet Premium Hashbrown Potatoes



Nutrition Information		
Golden Grill® Russet Premium Hashbrown Potatoes		
	¼ cup (20.34) g	½ cup (40.68) g
Calories	71.86	143.72
Protein	1.51 g	3.01 g
Carbohydrate	15.90 g	31.80 g
Dietary Fiber	1.30 g	2.60 g
Sugars	1.02 g	2.04 g
Total Fat	0.25 g	0.50 g
Trans Fat	0.00 g	0.00 g
Saturated Fat	0.14 g	0.27 g
Cholesterol	0.00 mg	0.00 mg
Iron	0.21 mg	0.42 mg
Calcium	7.56 mg	15.12 mg
Sodium	315.70 mg	631.40 mg
Potassium	128.65 mg	257.29 mg
Vitamin A	2.09 IU	4.18 IU
Vitamin C	6.75 mg	13.50 mg

Ingredients: POTATO (DRY), SALT, DEXTROSE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS SULFITE INGREDIENT.

Package Weight: 2.54 pounds

Recipe Weight as Prepared: 11 pounds

Dry Potato Content: 2.54 pounds x 0.937 (% of Package Weight of which is dry potato) = 2.38 pounds

Food Buying Guide Yield:

1 pound = 24.1 quarter cup Vegetable Servings

Servings Per Package/Recipe As Prepared:

2.38 pounds of Dry Potato per package X 24.1 per pound yield = 57.35 quarter cups.

57 quarter cup Vegetable Servings; or

28 half cup Vegetable Servings

11 pounds of Dry Potato as prepared divided by:

57 quarter cup servings = 0.192 pounds (3.07 oz.) per quarter cup Vegetable serving; or

28 half cup servings = 0.392 pounds (6.27 oz.) per half cup Vegetable serving

I certify that the above information is true and correct when prepared according to directions.

Cindy Slomkowski, QRO Manager

3/11/13