

BAKED POTATO



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9439
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each		233277

Preparation Instructions

At the high school, in the Cleveland combi oven - set on combi mode, set temp to 200 degrees- use probe cook until done approx. 45 min - 1 hour.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	194.09		
Fat	0.30g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	15.11mg		
Carbohydrates	44.45g		
Fiber	5.63g		
Sugar	2.96g		
Protein	5.04g		
Vitamin A	5.04IU	Vitamin C	49.63mg
Calcium	30.22mg	Iron	1.96mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available