

# Baby Bakers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17407

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER BABY WHL	4 Ounce		697990

## Preparation Instructions

CONVECTION OVEN: SPRAY BAKING PAN AND NONSTICK COOKING SPRAY. ARRANGE FROZEN POTATOES IN A SINGLE LAYER. BAKE AT 375°F FOR 13 MINUTES. STANDARD OVEN: SPRAY BAKING PAN WITH NONSTICK COOKING SPRAY. ARRANGE FROZEN POTATOES IN A SINGLE LAYER. BAKE AT 450°F FOR 25 MINUTES. MICROWAVE OVEN: PLACE 20Z OF FROZEN POTATOES IN MICROWAVE SAFE DISH, COVER, MICROWAVE ON HIGH, STIRRING HALFWAY THROUGH COOK TIME (1100 WATT). COOK FOR 10 MINUTES (2200 WATT). COOK FOR 4 MINUTES. DEEP FRYER: PREHEAT OIL TO 350°F. COOK FOR 5 MINUTES, SHAKING BASKET AFTER 1 MINUTE FOR EVEN COOKING. SEASON TO TASTE.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F or higher.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.610

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
<b>Calories</b>	121.58
<b>Fat</b>	2.43g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	218.84mg
<b>Carbohydrates</b>	20.67g
<b>Fiber</b>	1.22g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.65g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.16mg	<b>Iron</b> 0.97mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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