

HS: Hashbrowns- 22 Each

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	22.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57849
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	5 1/2 Ounce	DEEP_FRY Deep Fry @ 345° - 350°F for 1 3 4 - 2 1 4 minutes; Convection Oven @ 400°F for 10 - 12 minutes; Conventional Oven @ 400°F for 20 - 25 minutes; Impingement Oven @ 450°F for 9 - 12 minutes.	265632

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 22.00 Each

Amount Per Serving	
Calories	287.87
Fat	15.24g
Saturated Fat	4.23g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	558.80mg
Carbohydrates	33.87g
Fiber	3.39g
Total Sugar	1.69g
Added Sugar	0.00g
Protein	3.39g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 18.63mg	Iron 1.22mg

Nutrition - Per 100g

Calories	199.89
Fat	10.58g
Saturated Fat	2.94g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	388.03mg
Carbohydrates	23.52g
Fiber	2.35g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	2.35g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 12.93mg	Iron 0.85mg