

# HS: Hashbrowns- 22 Each

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	22.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57849
<b>School:</b>	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

<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>	1.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 22.00 Each

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

## Nutrition - Per 100g

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