

# Parmesan Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54515

## Ingredients

Description	Measurement	DistPart #
POTATO RDSKN ROSMRY GARL RSTD	12 Pound	178522
OIL SALAD CANOLA NT	6 Tablespoon	393843
CHEESE PARM GRTD	3 Cup	445401

## Preparation Instructions

Toss potatoes in oil then parmesan. Pour on sheet pans. Roast 20-30 min at 400°F.

### 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>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	124.87
<b>Fat</b>	4.52g
<b>Saturated Fat</b>	1.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	209.31mg
<b>Carbohydrates</b>	17.69g
<b>Fiber</b>	1.36g
<b>Total Sugar</b>	1.36g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.60g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 69.13mg	<b>Iron</b> 0.49mg

## Nutrition - Per 100g

<b>Calories</b>	114.71
<b>Fat</b>	4.15g
<b>Saturated Fat</b>	1.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	192.27mg
<b>Carbohydrates</b>	16.25g
<b>Fiber</b>	1.25g
<b>Total Sugar</b>	1.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.15g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 63.50mg	<b>Iron</b> 0.45mg