

Parmesan Potatoes

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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	0.500

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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