

Proegler's Roasted Rainbow Potatoes

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Serving | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-29497 |
| School: | PROEGLER | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|--------------|-------------------|------------|
| POTATO DCD PLD FRSH 2-10 GCHC | 0/1 Pound | | 422169 |
| MUSHROOM SLCD 1/8" 10# MRKN | 0/1 Cup | | 285196 |
| PEPPERS RED DCD 3/8" 2-3# RSS | 0/1 Cup | | 581992 |
| PEPPERS YELLOW 20CT AVG 11 P/L | 0/1 Cup | | 439746 |
| GARLIC MINCED IN WTR 6-32Z ITALR | 0 Cup | | 874910 |
| SALT SEA 36Z TRDE | 0/1 Teaspoon | | 748590 |
| SPICE PEPR BLK REG GRIND 16Z TRDE | 0/1 Teaspoon | | 225037 |
| OIL BLND CNOLA/XVRGN 90/10 6-1GAL GFS | 0 Cup | | 732900 |

Preparation Instructions

On 2 full size sheet tray- Place 2lbs of diced potatoes on sheet lined full trays in an single layer added 2.5 cups of each sliced red, yellow peppers and 2.5 cups mushrooms to the top of potatoes drizzle evenly 1/4 cup Olive oil mixed with minced garlic, 1/2 tsp of each salt and pepper

Meal Components (SLE)

Amount Per Serving

| | |
|--------------|------|
| Meat | 0.00 |
| Grain | 0.00 |

| | |
|-----------------|------|
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00 Serving

Amount Per Serving

| | | |
|----------------------|---------|--------------------------|
| Calories | 11.18 | |
| Fat | 0.02g | |
| SaturatedFat | 0.00g | |
| Trans Fat | 0.00g | |
| Cholesterol | 0.00mg | |
| Sodium | 31.73mg | |
| Carbohydrates | 2.40g | |
| Fiber | 0.31g | |
| Sugar | 0.15g | |
| Protein | 0.35g | |
| Vitamin A | 87.44IU | Vitamin C 11.53mg |
| Calcium | 1.16mg | Iron 0.07mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes