000624 - ROASTED POTATOES,ONIONS,PEPPER

Source: CHEF V
Number of Portions: 40
Size of Portion: 1/2 CUP

Components:
Meat/Alt:
Grains:
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:
Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011352 POTATO,FLESH & SKN,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS, BELL, SWEET, RED, RAW...	8 lbs 1 lb 1 lb	**To Cook:** 1. Preheat oven to 375 F. 2. Wash and dry potatoes and peppers. 3. Cut potatoes and peppers into 1/2" dice.
011282 ONIONS,RAW.....	2 lbs	4. Peel onion and cut into 1/2" dice.
004698 OIL, CANOLA..... 902826 SALT, KOSHER..... 002030 PEPPER,BLACK.....	1/2 cup 1 Tbsp 1 TSP (ground)	5. Place potatoes, peppers, and onions on a sheet pan; do not overcrowd or veggies will steam rather than roast. Toss with canola oil and sprinkle evenly with salt and pepper. 6. Roast at 375 F for 13-15 minutes or until vegetables are beginning to brown and crisp on the edges and potatoes are easily pierced with a fork **To Serve:** 1. Serve 1/2 cup roasted potatoes, onions, and peppers to each customer. **CCP:** Heat to 135° F or higher. **CCP:** Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	110	kcal	Cholesterol	0	mg	Protein	2.30	g	Calcium	18.39	mg
Total Fat	2.96	g	Sodium	184	mg	Vitamin A	71.8	RE	Iron	0.85	mg
Saturated Fat	0.23	g	Carbohydrates	19.21	g	Vitamin A	399.6	IU	Water[1]	113.30	g
Trans Fat[1]	*0.03*	g	Dietary Fiber	2.83	g	Vitamin C	43.1	mg	Ash[1]	1.62	g

24.20%	Calories from Total Fat
1.91%	Calories from Saturated Fat
0.22%	Calories from Trans Fat
69.83%	Calories from Carbohydrates
8.35%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
[1] - denotes optional nutrient values

Allergens							
Milk	**Egg**	**Peanut**	**Tree Nut**	**Fish**	**Shellfish**	**Soy**	**Wheat**
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							

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