

Quest Food Management

Recipe Sizing Report

001516 - potato- 1/2 baked & butter : nslp HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Components Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	Attributes
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Ingredients	Measures	Instructions
902828 potato 90ct.....	25 each	
903664 margarine- smart balance pc gfs 620821....	50 each pc	

*Nutrients are based upon 1 Portion Size (serving)

Calories	67 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	5.00 mg	42.81%	Calories from Total Fat
Total Fat	3.20 g	Sodium	34 mg	Protein	1.00 g	Iron	0.36 mg	14.72%	Calories from Saturated Fat
Saturated Fat	1.10 g	Carbohydrates	8.49 g	Vitamin A	1024.4 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	9.9 mg	Ash ¹	0.00 g	50.50%	Calories from Carbohydrates
								5.94%	Calories from Protein

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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.