

THE PERFECT BAKED POTATO

MAKES 4 SERVINGS

Ingredients

- 4 medium-sized Russet potatoes, rinsed and dried
- 1 tablespoon plus 1 teaspoon vegetable oil (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Remove any bruises or discolored spots from potatoes with the tip of a knife.
3. Cut a small hole in each potato with a fork or sharp knife four times on each side, leaving about 1 inch between each hole. The holes allow steam to escape during baking; if you do not cut the potatoes, they may explode during baking.
4. If you want a softer skin, rub about a teaspoon of vegetable oil over each potato; for a crispy skin, do not use oil. (Wrapping the potato in foil will produce a soft skin not crispy.)

Tip

Serve hot with your favorite topping.

Nutritional Information for 1 serving (1 medium potato) of The Perfect Baked Potato							
Calories	170	Cholesterol	0 mg	Sugar	1 g	Vitamin C	18 mg
Calories from Fat	40	Sodium	20 mg	Protein	4 g	Calcium	33 mg
Total Fat	4.5 g	Total Carbohydrate	30 g	Vitamin A	1 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from Whatscookingamerica.net.

MICROWAVE ROASTED POTATOES

MAKES 8 SERVINGS

Ingredients

- 4 medium Russet potatoes, rinsed and dried.
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Dried seasonings like parsley, rosemary, or thyme (if you like)

1. Cut potatoes into same size cubes.
2. Place in a microwave-safe dish and drizzle oil, salt, and pepper. If using dried seasonings, add that too.
3. Mix well to coat potatoes evenly.
4. Cover tightly with lid or plastic wrap. Microwave on high for 10 minutes (cooking time may vary depending on your microwave) or until potatoes are done. Be careful when removing dish from microwave.
5. Remove lid or plastic wrap carefully to prevent burns from steam.

Nutritional Information for 1 serving of Microwave Roasted Potatoes							
Calories	180	Cholesterol	0 mg	Sugar	2 g	Vitamin C	20 mg
Calories from Fat	30	Sodium	160 mg	Protein	4 g	Calcium	20 mg
Total Fat	3.5 g	Total Carbohydrate	34 g	Vitamin A	1 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe adapted from Cooks.com.

Ingredient Number :902763
Ingredient Description :POTATOES RUSSET CUSD
Class :ENTREE
Source :Local

Date Added :4/29/2015
 Date Modified :4/29/2015

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
EACH	173.0000	GRAMS			

Nutrients

Per 173 GRAMS

Calories	170.00 kcal	Cholesterol	0.00 mg	Protein	5.00 g	Calcium	40.00 mg
Total Fat	0.00 g	Sodium	25.00 mg	Sugars	2.00 g	Iron	1.80 mg
Saturated Fat	0.00 g	Carbohydrate	37.00 g	Vitamin A	0.00 IU	Water ¹	*N/A* g
Trans. Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	21.00 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
 (1 - denotes optional nutrient values.)
 (2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Per 100 Grams

Calories	98.27 kcal	Cholesterol	0.00 mg	Protein	2.89 g	Calcium	23.12 mg
Total Fat	0.00 g	Sodium	14.45 mg	Sugars	1.16 g	Iron	1.04 mg
Saturated Fat	0.00 g	Carbohydrate	21.39 g	Vitamin A	0.00 IU	Water ¹	*N/A* g
Trans. Fat ²	0.00 g	Dietary Fiber	2.31 g	Vitamin C	12.14 mg	Ash ¹	*N/A* g

(*N/A* - denotes missing nutrient values)
 (1 - denotes optional nutrient values.)
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Purchase Information

Manufacturer Name : USDA
 Product Number :

Purchase Unit Description :
 Stock Unit Description :
 Stock Units Per Purchase Units :
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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.

Claremont USD School Food Services

Recipe: 000650 POTATOES RUSSET CUSD
 Recipe Source: CLAREMONT UNIFI
 Recipe Group: LUNCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 1
 Size of Portion: EACH

902763 POTATOES RUSSET CUSD ...	1 EACH
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	170 kcal	Cholesterol	0.00 mg	Sugars	2.00 g	Calcium	40.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	25.00 mg	Protein	5.00 g	Iron	1.80 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	37.00 g	Vitamin A	0.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	21.00 mg	Ash ¹	*N/A* g	87.06%	Calories from Carbohydrates
								11.76%	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

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	OZ			? - Milk
Grain.....	oz			? - Egg
Fruit.....	cup			? - Peanut
Vegetable.....	cup			? - Tree Nut
Milk.....	cup			? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change.....	%			? - Soy
Fat Change.....	%			? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Round
I	902763	POTATOES RUSSET CUSD	Measure	Round

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