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Potatoes, Gourmet

Hesston College

Author

Categories Potato

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 3.75 gal

Cook 1.5 hour

Portion 4 fl oz

Num Portions 120

Nutrition Facts

Serving Size 4 fl oz

Servings Per Container 120

Amount Per Serving

Calories 252 Calories From Fat 163

% Daily Value

Total Fat 18g 27%

Saturated Fat 10g 43%

Trans Fat 0g

Cholesterol 37mg 12%

Sodium 340mg 14%

Total Carbohydrates 16g 5%

Dietary Fiber 1g 5%

Protein 8g

Vitamin A 13% Vitamin C 26%

Calcium 19% Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin C

Good Source of Vitamin A

Good Source of Calcium

Good Source of Potassium

Good Source of Protein