

# Baked Potato Bar

50 Servings

2 oz eq. m/ma

¾ cup vegetable – ½ cup starchy, ¼ cup dark green



Ingredients	For 50 servings		Directions
	Weight	Measure	
Potato, Russet		50 Medium	Poke a few holes in each potato and place on a rack in 375-degree oven.
			Cook potatoes until fork tender, about 1 hour. For serving, split each potato and dot with a small pat of butter (optional). Hold at 140 degrees in a hotel pan until service.
Broccoli	3 lb.		Meanwhile (or the day before), steam broccoli until tender but not overcooked. Drain well.
			In a large bowl or using a food processor, chop broccoli into very small pieces. If using a food processor, pulse broccoli one or two times in small batches to chop finely.
Ham, sliced	4 lb.		Chop ham into small pieces.
			In a small paper container, arrange chopped broccoli (1/4 cup), shredded cheddar (1/4 cup) and chopped ham (1/3 cup) in stripes next to each other in the container. Arrange containers on a sheet pan and cover with plastic. Refrigerate until service.
			Serve each potato with one container of toppings.

Serving size and yield	
Serving size:	1 Potato with Toppings
Yield:	50 Servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:	350	1 hour

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:		ounce equivalents <sup>1</sup>
Fruits:		cups
Vegetables:	¾	cups

Nutrients per serving									
Calories	307	Total fat (g)	8.3	Cholesterol (milligrams (mg))	38.9	Sodium (mg)	463	Iron (mg)	2.2
Protein (grams (g))	18	Saturated fat (g)	5.0	Total sugars (g)	1	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	46	Trans fat (g)	9	Dietary fiber (g)	3.7	Calcium (mg)	243		

\*Check CN label on ham product to determine exact quantity needed for ½ of the meat/meat alternate serving in the recipe.