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Cooked potatoes

Cuisine: **Czech** Food category: **Side dishes**



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Program steps



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| 1 | $\mathbf{\Delta}$ | Steaming |
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Termination by

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time

Ingredients - number of portions - 10

| Name | Value | Unit |
|----------|-------|------|
| potatoes | 2 | kg |
| salt | 0.04 | kg |

Nutrition and allergens

| Allergens: | |
|---|--|
| Minerals: Ca, Cu, Fe, I, K, Mg, Mn, P, Zn | |
| Vitamins: B, C | |

| Nutritional value of one portion | Value |
|----------------------------------|--------|
| Energy | 176 kJ |
| Carbohydrate | 38 g |
| Fat | 0.4 g |
| Protein | 4 g |
| Water | 0 g |

Recommended accessories



Directions

😧 00:30 hh:mm

Rinse the cleaned potatoes under running water, pour them into 100 mm high Perforated GNs, salt them well and place them in the combi oven.

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