

# Mashed Potatoes

<b>Servings:</b>	200.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Mashed Potatoes-GFS#193610

## Nutrition Information

<b>Calories</b>	110.28	<b>Protein</b>	2.22g
<b>Fat</b>	2.22g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	20.83g	<b>Fiber</b>	2.22g
<b>Sugar</b>	1.39g	<b>Sodium</b>	352.78mg
<b>Iron</b>	0.40mg	<b>Vitamin C</b>	9.92mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	0.00mg

## Ingredients

**200 Ounce** POTATO PRLS PREM 10-29.3Z NATROWN

RECONSTITUTE

1: Pour one gallon (3.8 L) of hot water (170-190°F) into 6" deep half steamtable pan. 2: Add 5 bags potatoes and stir for 15-20 seconds. 3: Let stand for 7 minutes, stir and serve.

Makes 200 servings

## Preparation Instructions

Starchy Vegetable:

Serving size: 1/2 cup (#8 Scoop)

Can add 2 oz of chicken gravy-