

# K-6-Mashed Potatoes

<b>Servings:</b>	80.00
<b>Serving Size:</b>	1.00 Serving
<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>	474.52	<b>Protein</b>	11.86g
<b>Fat</b>	6.31g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	82.29g	<b>Fiber</b>	11.11g
<b>Sugar</b>	0.75g	<b>Sodium</b>	1542.19mg
<b>Iron</b>	1.61mg	<b>Vitamin C</b>	35.44mg
<b>Vitamin A</b>	10.78IU	<b>Calcium</b>	46.78mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>320 Ounce</b>	193610	POTATO PRLS PREM 10-29.3Z NATROWN	RECONSTITUTE  1: Pour 1 gallon (3.8L) of hot water (170-190°F) into 4" deep half-size steamtable pan. 2: Add all potatoes, stir for 15-20 seconds. 3: Let stand for 7 minutes, stir and serve.
<b>40 Fluid Ounce</b>	552061	MIX GRAVY POULTRY LO SOD 8- 22.6Z TRIO	In a steam table pan add 1 gallon of boiling water to dry gravy mix.  1 bag yeilds 71 servings (2oz servings)

## Preparation Instructions

Serving size per student

4oz of Mashed Potatoes-(use #8 SCOOP)

OPTIONAL-2oz of Chicken Gravy-(USE #16 SCOOP)