

Mashed Potatoes

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Mashed Potatoes

Nutrition Information

Calories	100.00	Protein	1.43g
Fat	1.43g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	21.43g	Fiber	1.43g
Sugar	0.00g	Sodium	457.14mg
Iron	0.27mg	Vitamin C	9.11mg
Vitamin A	2.71IU	Calcium	10.13mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1/2 cup	613738	POTATO PRLS EXCEL 12-28Z BAMER	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.