

# Mashed Potatoes

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Mashed Potatoes

## Nutrition Information

<b>Calories</b>	70.00	<b>Protein</b>	1.00g
<b>Fat</b>	1.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	15.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g	<b>Sodium</b>	320.00mg
<b>Iron</b>	0.19mg	<b>Vitamin C</b>	6.38mg
<b>Vitamin A</b>	1.90IU	<b>Calcium</b>	7.09mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
7/10 Ounce	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

SERVE WITH 1/2 CUP DIPPER

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.