

K-6-Mashed Potatoes

Servings:	80.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Mashed Potatoes-GFS#193610

Nutrition Information

Calories	272.22	Protein	5.56g
Fat	3.78g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	48.89g	Fiber	5.56g
Sugar	0.00g	Sodium	1002.22mg
Iron	0.81mg	Vitamin C	17.72mg
Vitamin A	5.39IU	Calcium	23.39mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
160 Ounce	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.
80 Fluid Ounce	552050	MIX GRAVY BRN LO SOD 8-16Z 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

2oz of Mashed Potatoes-(use #8 SCOOP)

OPTIONAL-1oz of Gravy-(USE #30 SCOOP)