

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	155.56	Protein	1.39g
Fat	2.69g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	29.72g	Fiber	1.39g
Sugar	0.00g	Sodium	740.56mg
Iron	0.20mg	Vitamin C	4.43mg
Vitamin A	1.35IU	Calcium	5.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
40 Cup	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.
160 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

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

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