

# K-6-Mashed Potatoes

<b>Servings:</b>	200.00
<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>	155.56	<b>Protein</b>	1.39g
<b>Fat</b>	2.69g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	29.72g	<b>Fiber</b>	1.39g
<b>Sugar</b>	0.00g	<b>Sodium</b>	740.56mg
<b>Iron</b>	0.20mg	<b>Vitamin C</b>	4.43mg
<b>Vitamin A</b>	1.35IU	<b>Calcium</b>	5.85mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100 Cup</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 1 bag potatoes, stir for 15-20 seconds. 3: Let stand for 7 minutes, stir and serve. 1 bag=40 (4oz) Servings. 5 bags = 200 (4oz) Servings. 10 bags =400 (4oz) Servings
<b>400 Fluid Ounce</b>	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)