

Mashed Potatoes

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

Mashed Potatoes

Nutrition Information

Calories	400.00	Protein	11.43g
Fat	5.71g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	80.00g	Fiber	5.71g
Sugar	0.00g	Sodium	1942.86mg
Iron	1.71mg	Vitamin C	36.46mg
Vitamin A	10.86IU	Calcium	57.14mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
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

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.