

Whipped Potatoes

Servings:	4.71	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27461
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 3/10 Ounce	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.	613738

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.088

Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	252.23		
Fat	2.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1036.94mg		
Carbohydrates	47.64g		
Fiber	2.80g		
Sugar	0.00g		
Protein	5.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.03mg	Iron	0.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available