

# Whipped Potatoes

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

## Ingredients

| Description          | Measurement  | Prep Instructions  | DistPart # |
|----------------------|--------------|--|------------|
| POTATO PRLS<br>EXCEL | 3 3/10 Ounce | RECONSTITUTE<br>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