

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