

mashed potatoes- bag reduced sodium

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49645
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
POTATO MASH SEAS R/SOD	1/2 Cup	860560
MIX GRAVY POULTRY LO SOD	1/4 Cup	552061

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	221.45
Fat	5.77g
SaturatedFat	0.92g
Trans Fat	0.00g
Cholesterol	15.04mg
Sodium	520.58mg
Carbohydrates	34.60g
Fiber	1.84g
Sugar	3.01g
Protein	4.85g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.47mg	Iron 0.66mg

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

Nutrition - Per 100g

No 100g Conversion Available