

# Ranch Mashed Potato

<b>Servings:</b>	237.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.69 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44210
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH	3 Carton	<b>RECONSTITUTE</b> 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: <b>HAND MIX:</b> Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] <b>MACHINE MIX:</b> Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
Hidden Valley Ranch dressing mix	8 Ounce		000004
BUTTER SUB	2 Package		209810
BASE CHIX LO SOD NO MSG	2 Fluid Ounce	<b>UNPREPARED</b> To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 2 cups base + 6 gallons water	580589
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580
Water	2 Gallon	<b>READY_TO_DRINK</b>	Water

## Preparation Instructions

Boil Water - whip in the mashed potato mix and then season.

Hot Serve 135F or higher

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.533

## Nutrition Facts

Servings Per Recipe: 237.00

Serving Size: 3.69 Ounce

Amount Per Serving			
<b>Calories</b>	80.49		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	445.64mg		
<b>Carbohydrates</b>	17.74g		
<b>Fiber</b>	0.85g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.06mg	<b>Iron</b>	0.25mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	76.94		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	426.00mg		
<b>Carbohydrates</b>	16.95g		
<b>Fiber</b>	0.82g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.53g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.66mg	<b>Iron</b>	0.23mg

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