

# Mashed Potato

<b>Servings:</b>	280.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44214
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1 Pint		209810
BASE CHIX LO SOD NO MSG	2 Fluid Ounce	UNPREPARED 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 1 2 cups base + 6 gallons water	580589
SEASONING SIX PEPR BLEND	2 Fluid Ounce		229580
Water	5 Gallon	READY_TO_DRINK	Water
Potatoes dehydrated	8 Pound 12 Ounce (140 Ounce)		613738

## Preparation Instructions

1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4) REFRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

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>	0.500

## Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	71.09		
<b>Fat</b>	1.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	368.19mg		
<b>Carbohydrates</b>	14.27g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

\*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>	62.69		
<b>Fat</b>	0.88g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	324.69mg		
<b>Carbohydrates</b>	12.58g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.82mg	<b>Iron</b>	0.26mg

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