

# Mashed Potatoes

|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.16 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-49888          |

## Ingredients

| Description          | Measurement | Prep Instructions  | DistPart # |
|----------------------|-------------|--|------------|
| POTATO PRLS<br>EXCEL | 1/4 Cup     | 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   | 0.500 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.16 Ounce

| Amount Per Serving |          |           |        |
|--------------------|----------|-----------|--------|
| Calories           | 90.00    |           |        |
| Fat                | 1.00g    |           |        |
| SaturatedFat       | 0.00g    |           |        |
| Trans Fat          | 0.00g    |           |        |
| Cholesterol        | 0.00mg   |           |        |
| Sodium             | 370.00mg |           |        |
| Carbohydrates      | 17.00g   |           |        |
| Fiber              | 1.00g    |           |        |
| Sugar              | 0.00g    |           |        |
| Protein            | 2.00g    |           |        |
| Vitamin A          | 0.00IU   | Vitamin C | 0.00mg |
| Calcium            | 10.00mg  | Iron      | 0.30mg |

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

## Nutrition - Per 100g

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 76.31    |                  |        |
| <b>Fat</b>           | 0.85g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 313.73mg |                  |        |
| <b>Carbohydrates</b> | 14.41g   |                  |        |
| <b>Fiber</b>         | 0.85g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 1.70g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.48mg   | <b>Iron</b>      | 0.25mg |

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