

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31129
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	3 9/16 Pound	1 Carton	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water in mixing bowl.

2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes).

3: Ready to serve .

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	68.38
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.40mg
Carbohydrates	15.20g
Fiber	1.52g
Sugar	0.00g
Protein	1.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 7.60mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available