

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29652
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package	N/A	613738
Tap Water for Recipes	1 Gallon	N/A	000001WTR

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)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

Updated 1.23.24

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	76.33		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	313.78mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available
