

Mashed Potatoes

NO IMAGE

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51558
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package		613738
Water	1 Gallon		Water

Preparation Instructions

Bring water to a boil. Measure one gallon ins a pan and stir in the instant potatoes until smooth. Pour into the serving pan. Hold in pass thru.

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