

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM	1 Pound 10 Ounce (26 Ounce)		166872
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Measure 1 gallon (3.79L) of boiling water into a 6? x 1/2 size steam table pan.

Add entire pouch of potatoes at once, using a spoon or wire whip to distribute evenly and wet all potatoes.

Let stand for 60 seconds, stir well and 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	0.200

Nutrition Facts

Servings Per Recipe: 40.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		64.00	
Fat		0.40g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		272.00mg	
Carbohydrates		13.60g	
Fiber		0.80g	
Sugar		0.00g	
Protein		1.60g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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