

RED SKINNED MASHED POTATOES



Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32530
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASHED RDSKN	1 Cup		106283

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		140.00	
Fat		4.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		310.00mg	
Carbohydrates		22.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		3.00g	
Vitamin A	200.00IU	Vitamin C	2.40mg
Calcium	20.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available