

# Mashed Potatoes

|               |            |                |                  |
|---------------|------------|----------------|------------------|
| Servings:     | 1.00       | Category:      | Vegetable        |
| Serving Size: | 4.16 Ounce | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch      | Recipe ID:     | R-49888          |

## Ingredients

| Description       | Measurement  | Prep Instructions                                                                                                                                                                                            | DistPart # |
|-------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| POTATO PRLS EXCEL | 4 Tablespoon | RECONSTITUTE<br>1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. | 613738     |

## 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: 1.00 |         |           |        |
|---------------------------|---------|-----------|--------|
| Serving Size: 4.16 Ounce  |         |           |        |
| Amount Per Serving        |         |           |        |
| Calories                  |         | 90.00     |        |
| Fat                       |         | 1.00g     |        |
| SaturatedFat              |         | 0.00g     |        |
| Trans Fat*                |         | 0.00g     |        |
| Cholesterol               |         | 0.00mg    |        |
| Sodium                    |         | 370.00mg  |        |
| Carbohydrates             |         | 17.00g    |        |
| Fiber                     |         | 1.00g     |        |
| Sugar                     |         | 0.00g     |        |
| Protein                   |         | 2.00g     |        |
| Vitamin A                 | 0.00mcg | Vitamin C | 0.00mg |
| Calcium                   | 10.00mg | Iron      | 0.30mg |

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

## Nutrition - Per 100g

|               |         |           |        |
|---------------|---------|-----------|--------|
| Calories      |         | 76.31     |        |
| Fat           |         | 0.85g     |        |
| SaturatedFat  |         | 0.00g     |        |
| Trans Fat*    |         | 0.00g     |        |
| Cholesterol   |         | 0.00mg    |        |
| Sodium        |         | 313.73mg  |        |
| Carbohydrates |         | 14.41g    |        |
| Fiber         |         | 0.85g     |        |
| Sugar         |         | 0.00g     |        |
| Protein       |         | 1.70g     |        |
| Vitamin A     | 0.00mcg | Vitamin C | 0.00mg |
| Calcium       | 8.48mg  | Iron      | 0.25mg |

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