

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9325
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water	17 Cup		

Preparation Instructions

- 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.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.212

Nutrition Facts

Servings Per Recipe: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		32.23	
Fat		0.36g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		146.72mg	
Carbohydrates		6.06g	
Fiber		0.36g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.72g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	3.56mg	Iron	0.11mg

Nutrition - Per 100g

No 100g Conversion Available	
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