

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water for Recipes	17 Cup	Hot water	000001WTR

Preparation Instructions

- RECONSTITUTE
- 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	0.500

Nutrition Facts

Servings Per Recipe: 38.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		78.34	
Fat		0.87g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		356.89mg	
Carbohydrates		14.80g	
Fiber		0.87g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.74g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

Nutrition - Per 100g

No 100g Conversion Available
