

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51558
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1 Package		613738
Water	1 Gallon	READY_TO_DRINK	Water

Preparation Instructions

Bring water to a boil. Measure one gallon ins a pan and stir in the instant potatoes until smooth. Pour into the serving pan. Hold in pass thru.

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: 39.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		180.01	
Fat		2.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		820.03mg	
Carbohydrates		34.00g	
Fiber		2.00g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--