

# Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8451
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	1 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water in mixing bowl. 2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes). 3: Ready to serve or to add recipe ingredients. [Alternate] Add more boiling water to make potatoes thinner, more potatoes to make thicker. This is a no salt product, season to taste.	222585
BUTTER SUB	2/7 Teaspoon	Ready To Eat	209810
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/7 Teaspoon		125557

## Preparation Instructions

1. Pour 11.5 quarts boiling water in mixer bowl
2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes).
3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water.

CCP: Hold for hot service at 135° F or higher.

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## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	90.65		
<b>Fat</b>	0.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	351.00mg		
<b>Carbohydrates</b>	20.19g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.30mg

## Nutrition - Per 100g

No 100g Conversion Available