

Mashed Potato

NO IMAGE

Servings:	78.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44214
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1/2 Cup		209810
BASE CHIX LO SOD NO MSG	2 Tablespoon		580589
SEASONING SIX PEPR BLEND	2 Tablespoon		229580
Water	2 Gallon		Water
POTATO PRLS GLDN X-RICH	1 Package		559911

Preparation Instructions

Basic Preparation

STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK. STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE. 4) RE-FRESH PRODUCT BY ADDING 1/2 TO 1/2 CUP OF BOILING WATER AS NEEDED.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 78.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	76.59		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	413.13mg		
Carbohydrates	16.54g		
Fiber	0.87g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	1.63g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.38mg	Iron	0.25mg

Nutrition - Per 100g

Calories	67.54		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	364.32mg		
Carbohydrates	14.58g		
Fiber	0.77g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	1.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.39mg	Iron	0.22mg