

Mashed Potato

NO IMAGE

Servings:	42.00	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	1/4 Cup		209810
BASE CHIX LO SOD NO MSG	2 Tablespoon	UNPREPARED To make an instant fully seasoned stock broth, add Base to water and stir: 3 4 tsp + 1 cup water or 1 Tbsp base + 1 quart water or 1 1 2 cups base + 6 gallons water	580589
SEASONING SIX PEPR BLEND	1 Tablespoon		229580
Water	1 Gallon	READY_TO_DRINK	Water
POTATO PRLS GLDN X-RICH	1 Package	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
1 % White Milk	1 Each		

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 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: 42.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	143.96		
Fat	0.06g		
Saturated Fat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.36mg		
Sodium	732.96mg		
Carbohydrates	30.79g		
Fiber	1.61g		
Total Sugar	0.26g		
Added Sugar	0.00g		
Protein	3.21g		
Vitamin A	0.24mcg	Vitamin C	0.05mg
Calcium	16.28mg	Iron	0.46mg

Nutrition - Per 100g

Calories	126.95		
Fat	0.05g		
Saturated Fat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	646.36mg		
Carbohydrates	27.15g		
Fiber	1.42g		
Total Sugar	0.23g		
Added Sugar	0.00g		
Protein	2.83g		
Vitamin A	0.21mcg	Vitamin C	0.04mg
Calcium	14.36mg	Iron	0.41mg