

# Mashed Potatoes

<b>Servings:</b>	41.00	<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-57784
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce		146581
Water	17 Cup	1 gallon + 1 cup	Water

## Preparation Instructions

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

### 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: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	63.74		
<b>Fat</b>	0.40g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	87.64mg		
<b>Carbohydrates</b>	13.54g		
<b>Fiber</b>	1.59g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.97mg	<b>Iron</b>	0.24mg

## Nutrition - Per 100g

<b>Calories</b>	347.90		
<b>Fat</b>	2.17g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	478.37mg		
<b>Carbohydrates</b>	73.93g		
<b>Fiber</b>	8.70g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.49mg	<b>Iron</b>	1.30mg