

Mashed Potatoes

NO IMAGE

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57784
School:	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

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: 41.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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