

# Mashed Potatoes



<b>Servings:</b>	100.00	<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-8956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO GRANULES COMPLETE	10 Pound		118516
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
Cold Water	2 Gallon		0000

## Preparation Instructions

Boil water, boil more than you actually need.

Add 8oz of melted butter to your container of mashed potatoes.

Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes.

Using whip attachment, set mixer on low speed.

Slowly add your potato mixture into your mixing bowl over the boiled water.

Add remaining boiling water.

Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes).

Transfer potatoes to 4" steamtable pans.

Updated: 7/14/25 AP

## 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>	1.250

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	207.00
<b>Fat</b>	3.52g
<b>Saturated Fat</b>	2.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.60mg
<b>Sodium</b>	37.50mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.50g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.96mg	<b>Iron</b> 0.75mg

## Nutrition - Per 100g

<b>Calories</b>	414.83
<b>Fat</b>	7.05g
<b>Saturated Fat</b>	4.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	19.24mg
<b>Sodium</b>	75.15mg
<b>Carbohydrates</b>	70.14g
<b>Fiber</b>	5.01g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.02g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 52.02mg	<b>Iron</b> 1.50mg