

Mashed Potatoes

Servings:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31129
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	3 9/16 Pound	1 Carton	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

RECONSTITUTE

1: Pour 2 gallons boiling water in mixing bowl.

2: HAND MIX: Add potatoes, stir constantly with whisk. Let stand for 1 minute, stir well and serve. MACHINE MIX: Using whip attachment, mix on low; slowly add product. Scrape bowl, whip on high until fluffy (2 minutes).

3: Ready to 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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	68.38
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.40mg
Carbohydrates	15.20g
Fiber	1.52g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.52g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 7.60mg	Iron 0.23mg

Nutrition - Per 100g

Calories	359.89
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	59.98mg
Carbohydrates	79.98g
Fiber	8.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 39.99mg	Iron 1.20mg