

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 RAE	Vitamin C 0.05mg
Calcium 16.28mg	Iron 0.46mg

Nutrition - Per 100g

Calories	360.26
Fat	0.15g
Saturated Fat	0.09g
Trans Fat	0.00g
Cholesterol	0.89mg
Sodium	1834.23mg
Carbohydrates	77.04g
Fiber	4.03g
Total Sugar	0.66g
Added Sugar	0.00g
Protein	8.04g
Vitamin A 0.60mcg RAE	Vitamin C 0.12mg
Calcium 40.74mg	Iron 1.16mg