

# Mashed Potato

NO IMAGE

<b>Servings:</b>	42.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44214
<b>School:</b>	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 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

<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: 42.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	143.96
<b>Fat</b>	0.06g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.36mg
<b>Sodium</b>	732.96mg
<b>Carbohydrates</b>	30.79g
<b>Fiber</b>	1.61g
<b>Total Sugar</b>	0.26g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.21g
<b>Vitamin A</b> 0.24mcg RAE	<b>Vitamin C</b> 0.05mg
<b>Calcium</b> 16.28mg	<b>Iron</b> 0.46mg

## Nutrition - Per 100g

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