

# Mashed Potatoes

<b>Servings:</b>	39.00	<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-11918
<b>School:</b>	New Prairie Elementary School	<b>Grams Per Serving:</b>	19.26

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce	146581
Tap Water for Recipes	17 Cup	00001WTR

## Preparation Instructions

- 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.

SERVICE WITH #8 DISHER FOR 1/2 CUP SERVING  
CCP: HOLD FOR HOT SERVICE AT 135°F OR HIGHER  
CCP: DISCARD LEFTOVERS.

Updated 4.15.24

## 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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	67.00
<b>Fat</b>	0.42g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	92.13mg
<b>Carbohydrates</b>	14.24g
<b>Fiber</b>	1.68g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.38mg	<b>Iron</b> 0.25mg

## Nutrition - Per 100g

<b>Calories</b>	347.89
<b>Fat</b>	2.17g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	478.35mg
<b>Carbohydrates</b>	73.93g
<b>Fiber</b>	8.70g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 43.49mg	<b>Iron</b> 1.30mg