

# Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

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Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat milk, hot		3/4 cup		1 1/2 cups	2. In a mixing bowl, use the whip attachment on medium speed to combine hot potatoes, hot milk, margarine or butter, salt, pepper, and mayonnaise (optional). Mix for 3 minutes. Scrape the sides of the bowl and mix on high speed for 1 minute, until smooth.
Margarine or butter		1/4 cup	4 oz	1/2 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
White pepper		1/2 tsp		1 tsp	
Lowfat mayonnaise (optional)	4 oz	1/2 cup	8 oz	1 cup	3. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Potatoes	3 lb 2 oz	6 lb 4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	<b>25 Servings:</b> 2 lb 15 oz	<b>25 Servings:</b> 1 qt 3 cups
	<b>50 Servings:</b> 5 lb 14 oz	<b>50 Servings:</b> 3 qt 2 cups

Special Tip:  
For a special occasion, use red potatoes and leave skins on half of the potatoes. Mash as directed.

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## Nutrients Per Serving

<b>Calories</b>	55	<b>Saturated Fat</b>	.4 g	<b>Iron</b>	.3 mg
<b>Protein</b>	1 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	13 mg
<b>Carbohydrate</b>	9 g	<b>Vitamin A</b>	27 RE/90 IU	<b>Sodium</b>	214 mg
<b>Total Fat</b>	2.0 g	<b>Vitamin C</b>	7 mg	<b>Dietary Fiber</b>	1 g