

Potatoes, mashed (fresh) YA10

Number of Servings: 10 (132.1 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Potatoes, red, w/skin, fresh, med 2.25" - 3
1 1/2	Tbs	Milk, 1%, w/add vit A & D
2 1/2	tsp	Margarine, soft, safflower oil

Nutrients per serving

Nutrition Facts	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Peel the potatoes by hand or in the peeler until about half of the peels are removed. Cut into uniform pieces and boil. When done, drain and place in mixer bowl. Mash until there are no lumps. Add milk that has been heated and margarine. Whip on high speed until light and creamy.
1 serving = 1/2 cup = #8 scoop
1 serving = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for hot service at an internal temperature of 160 F or higher.