

Potatoes, Creamed300

Number of Servings: 300 (90.72 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|------------------------|
| 60.00 | lb | Potatoes, drained, cnd |

Nutrients per serving

| Nutrition Facts | |
|--|----------------------------|
| Serving Size (91g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 50 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat --g | |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 8% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 8% |
| Sugars --g | |
| Protein 1g | |
| Vitamin A 0% | • Vitamin C 8% |
| Calcium 0% | • Iron 6% |
| *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 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Notes

* POTATOES: Weigh after draining; or each 2 cups of drained liquid = 1# and can be subtracted from canned weight.
 Fresh potatoes 15# = ~10 # EP potatoes; ie 1# AP = ~2/3# EP
 OR IF FRESH POTATOES are used, 1 tsp salt may be used per 25 servings to boil potatoes in, for this recipe only, as
 canned potatoes have sodium and they were used in the recipe analysis

Drain canned potatoes and dice. Add to 3 quarts (12 cups) hot white sauce per 50 servings (OR ~1/4 cup/serv). Bring to a simmer, stirring often.

Serve 1/2 cup (4 oz ladle or #8 scoop) per serving = 1 vegetable.
 1/2 c = 16 grams with white sauce = 1 Carb Serv