

MASHED POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	20 g	2 g	2 g	0 mg	172 mg	20 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 SALT
 MARGARINE,SOFTENED
 PEPPER,WHITE,GROUND
 MILK,NONFAT,DRY
 WATER,WARM

Weight

22 lbs
 12-1/2 lbs
 1-1/4 oz
 8 oz
 1/8 oz
 2-2/3 oz
 3 lbs

Measure

4 gal
 1 gal 2 qts
 2 tbsp
 1 cup
 1/4 tsp
 1-1/8 cup
 1 qts 1-3/4 cup

Issue

27-1/8 lbs

Method

- 1 Cover potatoes with salted water; bring to a boil; reduce heat; simmer 25 minutes or until tender. Drain well.
- 2 Beat potatoes in mixer bowl at low speed until broken into smaller pieces, about 1 minute.
- 3 Add butter or margarine and pepper. Beat at high speed 3 to 5 minutes or until smooth.
- 4 Reconstitute milk; heat to a simmer; blend into potatoes at low speed. Beat at high speed 2 minutes or until light and fluffy. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.