

Mashed Potatoes

Starchy Vegetable

Vegetables

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
*Fresh Yukon Gold potatoes, unpeeled, cubed 2" Or *Fresh red potatoes, unpeeled, cubed 2"	6 lb	1 gal 2 qt 1 cup	12 lb	3 gal 2 cups	1. Boil potatoes in a large stock pot for 35-40 minutes until tender. Drain well.
Low-fat (1%) milk		2 cups		1 qt	2. Heat milk in stock pot over medium heat. Stir occasionally.
Margarine, trans fat-free	6 oz	3/4 cup	12 oz	1 1/2 cups	
Kosher salt		2 tsp		1 Tbsp 1 tsp	3. Add margarine, salt, and pepper. Mix well. DO NOT BOIL.
Ground black pepper		1/2 tsp		1 tsp	
					4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 5. Place the potatoes in a commercial mixer (batch as needed). Using a wire whip attachment, mix on low speed. Slowly add milk mixture until potatoes are smooth and free of lumps. For 25 servings, whip for 5 minutes. For 50 servings, whip for 8-10 minutes. 6. Transfer to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 7. Option: garnish with ground black pepper.

					8. Critical Control Point: Hold for hot service at 140 °F or higher. 9. Portion with No. 8 scoop (1/2 cup).
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Marketing Guide for Selected Items			
	Food as Purchased for	25 Servings	50 Servings
Potatoes		6 lb 3 oz	12 lb 6 oz

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ cup starchy vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ cup fruit/vegetable.

Serving:

Yield: (not to exceed 27, 54)

Volume:

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ cup starchy vegetable.

25 Servings
about 7 lb

about 3 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ cup fruit/vegetable.

50 Servings
about 14 lb

about 1 gallon 3 quarts / 2 steam table pans (12" x 20" x 2 1/2")

Nutrient		Minerals		Vitamins	
	% Daily Value				
Total Calories	126.23	Calcium	24.6 mg	Vitamin A	252.42 IU
Protein	3.2 g	Potassium	29.89 mg	Vitamin B6	0.01 mg
Carbohydrates	20.02 g	Sodium	212.28 mg	Vitamin B12	0.09 mcg
Dietary Fiber	1.28 g	Copper	0 mg	Vitamin C	22.82 mg
Total Sugars	0.97 g	Iron	0.92 mg	Vitamin D	0.2 IU
Total Fat	3.59 g	Magnesium	2.23 mg	Vitamin E	0 mg AT
Saturated Fat	0.85 g	Phosphorus	18.62 mg	Vitamin K	0.09 mcg
Monounsaturated Fat	0.05 g	Selenium	0.65 mcg	Folate	0.98 mcg
Polyunsaturated Fat	0.01 g	Zinc	0.08 mg	Thiamin	0 mg
Linoleic Acid	0.01 g			Riboflavin	0.04 mg
α -Linolenic Acid	0 g			Niacin	0.02 mg
Cholesterol	0.98 mg			Choline	3.46 mg