

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-01

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. 2. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	3. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional)	4 oz	½ cup	8 oz	1 cup	
OR Lowfat mayonnaise (optional)	4 oz	½ cup	8 oz	1 cup	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	3 lb 2 oz	6 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 15 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 5 lb 14 oz	50 Servings: 3 quarts ½ cup
	Edited 2014	

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

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Nutrients Per Serving

Calories	55	Saturated Fat	0.43 g	Iron	0.15 mg
Protein	0.97 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	8.66 g	Vitamin A	97 IU	Sodium	213 mg
Total Fat	1.95 g	Vitamin C	3.1 mg	Dietary Fiber	0.7 g