

Mashed Potatoes (Instant)

Vegetable

Vegetables

I-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
USING POTATO FLAKES:					
Water, boiling		1 qt ½ cup		2 qt 1 cup	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 ½ cups		3 cups	
Instant potato flakes	8 oz		1 lb ½ oz		2. Add instant potato flakes, margarine or butter, and salt.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	3. Stir 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. Avoid over mixing. (Use of mixer is not recommended.)
					4. CCP: Hold at 140° F or warmer.
					Portion with No. 16 scoop (¼ cup).
USING POTATO GRANULES:					
Water, boiling		3 ½ cups		1 qt 3 cups	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 cup 3 Tbsp		2 ¼ cups 2 Tbsp	
Instant potato granules	8 oz		1 lb ½ oz		2. Add instant potato granules, margarine or butter, and salt.
Margarine or butter	3 oz	3 Tbsp	6 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	3. Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
					4. CCP: Hold at 140° F or warmer.
					Portion with No. 16 scoop (¼ cup).

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SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 3 lb 2 oz 50 Servings: 6 lb 4 oz	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup
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Nutrients Per Serving					
Calories	50	Saturated Fat	0.29 g	Iron	0.12 mg
Protein	1.27 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	8.32 g	Vitamin A	70 IU	Sodium	105 mg
Total Fat	1.42 g	Vitamin C	7.9 mg	Dietary Fiber	0.7 g