

Mashed Potatoes

Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potatoes, fresh, whole, white or russet OR Potatoes, fresh, ready-to-cook pared, white or russet	12 lbs OR 9 lb 12 oz				<ol style="list-style-type: none"> 1. If using whole potatoes, peel and then rinse the potatoes under cold running water. 2. Cut the potatoes into quarters. 3. Steam or boil about 30 minutes or until potatoes are tender and easily mashed with a fork. 4. Drain potatoes. 5. In a bowl, combine hot potatoes, warm milk, butter or buttery spread. Mash by hand or by using a mixer with the whip attachment and the mixer set on medium speed for 3 minutes. Scrape down sides of bowl. 6. Mash/mix until smooth. 7. CCP: Hold at 135° F or warmer.
Low-fat milk, warm	4 cups				
Butter or buttery spread	½ cup				

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Notes:
Nutrient information calculated using Food Processor for mashed potatoes prepared with whole milk and margarine.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: ½ cup mashed potatoes	Yield:		Volume:	
1-2 years: ⅛ cup	50 Servings:		50 Servings:	
3-5 years: ¼ cup				
6-18 years: ½ cup	100 Servings:		100 Servings:	

Nutrients Per Serving					
Calories	119 kcal	Saturated Fat	0.78 g	Iron	0.27 mg
Protein	2.06 g	Cholesterol	0 mg	Calcium	22.05 mg
Carbohydrate	17.79 g	Vitamin A-RAE	46.20 mcg	Sodium	349.65 mg
Total Fat	4.41 g	Vitamin C	11.02 mg	Dietary Fiber	1.57 g