



Instant Garlic Mashed Potatoes USDA Recipe for CACFP

Instant Garlic Mashed Potatoes are dehydrated potato flakes combined with chicken broth, sour cream, and milk.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		2 qt 1 cup		1 gal 2 cups	1 In a medium stock pot, add chicken broth, water, milk, salt, and garlic. Heat uncovered over medium-high heat for 3–5 minutes. 2 Add potato flakes. Stir well. Simmer uncovered over medium heat for 2 minutes.
Water (see Notes)		3 cups		1 qt 2 cups	
Nonfat milk		1 cup		2 cups	
Salt		1 tsp		2 tsp	
Garlic, fresh, minced	2 ¼ oz	3 Tbsp	4 ½ oz	¼ cup 2 Tbsp	
Instant potato flakes	1 lb 6 ½ oz	2 qt 3 ¼ cups	2 lb 13 oz	1 gal 1 qt 2 ½ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	3 Fold in margarine, sour cream, and thyme.
Sour cream, low-fat	12 oz	1 cup 2 Tbsp 2 ¼ tsp	1 lb 8 oz	2 ¼ cups 1 Tbsp ½ tsp	
Thyme, fresh		2 tsp		1 Tbsp 1 tsp	
					4 Critical Control Point: Heat to 140 °F or higher.
					5 Transfer 3 qt 1 cup (about 7 lb) to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Critical Control Point: Hold for hot service at 140 °F or higher.
					7 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	150
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Total Fat	4 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	175 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
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Vitamin D	24 IU
Calcium	55 mg
Iron	1 mg
Potassium	118 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

If potatoes become too stiff from being held in warmer, add ½ cup of additional water to each pan.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 7 lb	About 14 lb
About 3 qt 2 cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 3 qt/2 steam table pans (12" x 20" x 2½")