



Mashed Potatoes

USDA Recipe for CACFP

This is a traditional mashed potato recipe. Ingredients include potatoes, milk, salt, and pepper.

CACFP CREDITING INFORMATION

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*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	
Margarine, trans-fat free	6 oz	¾ cup	12 oz	1½ cups	2 Heat milk in stock pot over medium heat. Stir occasionally. 3 Add margarine, salt, and pepper. Mix well. DO NOT BOIL.
Kosher salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		½ tsp		1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4 Critical Control Point: Heat to 140 °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 2½"). 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 (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	126
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	212 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	3 g
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Vitamin D	0 IU
Calcium	25 mg
Iron	1 mg
Potassium	30 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

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.

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")