



Instant Garlic Mashed Potatoes USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		1 gal 2 cups		2 gal 1 qt	1 In a medium stock pot, add chicken broth, water, milk, salt, and garlic. Heat uncovered over medium–high heat for 3–5 minutes.
Water (see Notes)		1 qt 2 cups		3 qt	
Nonfat milk		2 cups		1 qt	
Salt		2 tsp		1 Tbsp 1 tsp	
Garlic, fresh, minced	4 ½ oz	¼ cup 2 Tbsp	9 oz	¾ cup	
Instant potato flakes	2 lb 13 oz	1 gal 1 qt 2 ½ cups	5 lb 10 oz	2 gal 3 qt 1 cup	
					2 Add potato flakes. Stir well. Simmer uncovered over medium heat for 2 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	8 oz	1 cup	1 lb	2 cups	3 Fold in margarine, sour cream, and thyme.
Low-fat sour cream	1 lb 8 oz	2 ¼ cups 1 Tbsp ½ tsp	3 lb	1 qt ½ cup 3 Tbsp	
Fresh thyme		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					4 Critical Control Point: Heat to 135 °F or higher.
					5 Transfer 3 qt 1 cup (about 7 lb) to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6 Critical Control Point: Hold for hot service at 135 °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

50 Servings	100 Servings
About 14 lb	About 28 lb
About 1 gal 3 qt/2 steam table pans (12" x 20" x 2½")	About 3 gal 2 qt/4 steam table pans (12" x 20" x 2½")