



# Mashed Potatoes

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh Yukon Gold potatoes, unpeeled, cubed 2" Or *Fresh red potatoes, unpeeled, cubed 2"	12 lb	3 gal 2 cups	24 lb	6 gal 1 qt	<b>1</b> Boil potatoes in a large stock pot for 35–40 minutes until tender. Drain well.
Low-fat (1%) milk		1 qt		2 qt	<b>2</b> Heat milk in stock pot over medium heat. Stir occasionally.
Margarine, trans-fat free	12 oz	1½ cups	1 lb 8 oz	3 cups	<b>3</b> Add margarine, salt, and pepper. Mix well. DO NOT BOIL.
Kosher salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black pepper		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>4</b> Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p>
					<p><b>5</b> 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 50 servings, whip for 8–10 minutes. For 100 servings, whip for 10–12 minutes.</p>
					<p><b>6</b> Transfer to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p><b>7</b> Option: garnish with ground black pepper.</p>
					<p><b>8</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p><b>9</b> Portion with No. 8 scoop (½ cup).</p>



## NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>126</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	1 mg
<b>Sodium</b>	<b>212 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
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	50 Servings	100 Servings
Potatoes	12 lb 6 oz	24 lb 12 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

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")