



TRUE

RECIPE®

Mashed Potatoes

COMPLETE INSTANT



NET WT
5.43 LB (2.46 kg)

Nutrition Facts

Serving Size 1-1/3 Tbsp potatoes (17g dry)

1/2 cup prepared

Servings Per Container about 145

Amount Per Serving	Unprepared	Prepared
Calories	60	60
Calories From Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Trans Fat 0g		
Sodium 25mg	1%	6%
Total Carbohydrate 13g	4%	4%
Dietary Fiber 1g	4%	4%
Protein 1g		
Iron	2%	2%

Not a significant source of saturated fat, cholesterol, sugars, vitamin a, vitamin c or calcium.

* Amount in mix.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: PRECOOKED DRIED, SELECTED RUSSET POTATOES, WHEY SOLIDS (FROM MILK), AND LESS THAN 1% OF CALCIUM STEAROYL LACTYLATE, CORN SYRUP SOLIDS, SOY PROTEIN, PARTIALLY HYDROGENATED VEGETABLE OILS (PALM KERNEL, SOYBEAN, AND COTTONSEED) WITH SOY LECITHIN, SODIUM CASEINATE (FROM MILK), MONO- AND DIGLYCERIDES, PRESERVATIVES (SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, BHT), DIPOTASSIUM PHOSPHATE, ARTIFICIAL FLAVOR, DATEM.

CONTAINS: MILK, SOYBEAN.

DISTRIBUTED BY THE J.R. SIMPLOT COMPANY
BOISE, IDAHO 83707 U.S.A.



Mashed Potatoes

COMPLETE INSTANT

Try these other quality TRUE RECIPE® potato products:

- Au Gratin
- Scalloped
- Hash Browns
- Potato Granules

PREPARATION NOTE

For thicker mashed potatoes - add more instant potatoes.

For creamier mashed potatoes - add more hot milk or water.

STORE IN A COOL, DRY PLACE

KEEP OPENED CAN

TIGHTLY COVERED

L-40102-00-D



0 71179 40102 8



PREPARATION

Mix with boiling water.
Add butter or milk, as desired.

1. Measure boiling water and salt into mixing bowl.
2. Set mixer on low speed. Use whip attachment and slowly add potatoes to salted, boiling water. Mix until water is absorbed - 30 seconds to 1 minute.
3. Add melted butter/margarine and white pepper if desired. Scrape down sides of the bowl and whip on high speed until fluffy - 2 to 3 minutes.
4. Transfer mashed potatoes to a warmed steam table pan.

RECIPE AND YIELD

#8 scoop (1/2 cup) 72 servings 145 servings

#10 scoop (3.2 fl oz) 88 servings 175 servings

Mixer Bowl Size 20 quart 30 quart

RECIPE		
Boiling Water	6 qts	12 qts
Salt	4 tsp	3 Tbsp
Butter/margarine, melted (optional)*	1/4 lb	1/2 lb
White Pepper (optional)*	1/2 tsp	1 tsp

True Recipe® 2 lb 12 oz 5 lb 7 oz
Instant Potatoes (6 cups) (Full can)

*Butter & seasonings may be added for richer, creamier mashed potatoes.