

Mashed Potato Salad, Low Sodium (EBR)

Recipe: 000237 MASHED POTATO SALAD, LOW SOD

Recipe Source: LCM EBR
 Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1/2 CUP

014429 WATER,MUNICIPAL.....	1 3/4 GAL + 5 cup 8 fl oz	HEAT WATER TO 200°F
011945 PICKLE RELISH,SWEET..... 011284 ONIONS,DEHYDRATED FLAKES..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 051316 SEASONING,CAJUN-STYLE,"RED LABEL CAJUN SEASON..... 011380 POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM...	3 1/2 CUP + 3 5/8 TSP 7 1/8 TBSP 3 1/2 TSP 1 7/8 TSP 1 7/8 OZ 7 CUP + 2 3/8 TBSP	COMBINE PICKLE RELISH, DRIED ONIONS, CREOLE SEASONING, GRANULATED GARLIC AND BLACK PEPPER TO HOT WATER. ADD INSTANT POTATOES TO HOT WATER MIXTURE AND WHISK UNTIL POTATOES ABSORB ALL LIQUID.
083730 MUSTARD YELLOW PREPARED..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE..... 075003 MAYONNAISE,LoFat,No Cholesterol.....	177 GRAM 14 3/8 OZ 7 CUP + 2 3/8 TBSP	MIX MAYONNAISE, MUSTARD, AND SHREDDED CHEESE TOGETHER, THEN ADD THIS MIXTURE TO THE POTATO MIXTURE. CHILL BEFORE SERVING. SERVE WITH A NO. 8 SCOOP (1/2 CUP) YIELD 28-1/2 SERVINGS.
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW.....	1 LB + 12 OZ	PLACE 1/8 CUP OR LESS OF SHREDDED ICEBERG LETTUCE IN THE BOTTOM OF THE SERVING DISH AND SCOOP 1-#8 SCOOP OF MASHED POTATO SALAD ON TOP OF THE LETTUCE. 1/8 CUP OF GREEN LEAF LETTUCE GARNISH UNDER THE POTATO SALAD MAY BE SUBSTITUTED FOR THE 1/8 CUP OR LESS FOR SHREDDED ICEBERG LETTUCE. SEE RECIPE #10 FOR THE GREEN LEAF LETTUCE.
		COLD HOLDING: All fully cooked foods being held for service will be maintained at or below a temperature of 40°F. NO BARE HAND CONTACT: With ready to eat foods. Must use disposable gloves, tongs, tissue, etc. Batch cooking or holding temperature above 140 is vital as reheating destroys quality of some products.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	133 kcal	Cholesterol	2.31 mg	Sugars	*3.29* g	Calcium	50.72 mg	37.65%	Calories from Total Fat
Total Fat	5.55 g	Sodium	351.61 mg	Protein	2.58 g	Iron	0.36 mg	7.30%	Calories from Saturated Fat
Saturated Fat	1.08 g	Carbohydrates	18.58 g	Vitamin A	198.64 IU	Water ¹	91.61 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	5.89 mg	Ash ¹	0.87 g	55.98%	Calories from Carbohydrates
								7.76%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Pennington Biomedical Research Center

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz		Y - Milk		? - Egg
Grain..... oz				? - Peanut
Fruit..... cup				? - Tree Nut
Vegetable..... 0.5 cup				? - Fish
Milk..... cup				? - Shellfish
<u>Moisture & Fat Change</u>				? - Soy
Moisture Change. 0%				? - Wheat
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	011945	PICKLE RELISH,SWEET			
I	011284	ONIONS,DEHYDRATED FLAKES			
I	799903	GARLIC,GRANULATED			
I	002030	PEPPER,BLACK			
I	051316	SEASONING,CAJUN-STYLE,"RED LABEL CAJ			
I	083730	MUSTARD YELLOW PREPARED			
I	050343	CHEESE, CHEDDAR, YELLOW, REDUCED FAT			
I	011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES			
I	011380	POTATOES,MSHD,DEHYD,GRANULES WO/MI			
I	075003	MAYONNAISE,LoFat,No Cholesterol			

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