

# Whipped Potatoes w/Gravy (LR100104)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Milk, Soy, Wheat;  
 Meal Contribution: 1/2 Veg-S  
 Number of Servings: 1.00 Serving Size: 4 Ounce  
 Moisture gain/loss%: 0.0000 Yield: 5 7/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Potatoes, Mashed, Potato Pearls, Unprepared, 12/28 oz. Pouch, Basic American Foods, 76468, Veg-S SI106223	1/2 cup, cooked
				Gravy Mix, Roasted Chicken Low Sodium, Pioneer, GH Guenther, 212645 SI106008	1/4 Cup

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	20.38	0.00	69.60	10.60	0.000

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
542.545	12.286	0	0	0	2661.61	94.399	6.278	0	14.378	0.942	36.618	10.462	33.375	(M)	(M)

**Nutrients per serving (113.4 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
615.246	13.932	0	0	0	3018.27	107.049	7.119	0	16.305	1.068	41.525	11.864	37.847	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.