

POTATOES, DEHYDRATED Flakes, Dry

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 03/31/05

Product Description

Dehydrated instant flaked potatoes are uncooked potatoes with most of the water removed.

Pack

- **Instant Flaked** potatoes are packed in a 1-pound package. Each package will make approximately 9 ½-cup servings of mashed potatoes.

Storage

- **Store** potatoes at room temperature. After opening, store in airtight container in the refrigerator.

Uses and Tips

- For a special touch, stir in any of these ingredients after cooking: grated Parmesan cheese; shredded Cheddar cheese; or corn.
- For added convenience, cook potatoes the day before and refrigerate in a closed container overnight. Use within 3 days.
- For a Tex-Mex flair, top mashed potatoes with a spoonful of zesty salsa.

Cooking

In medium saucepan bring 2 cups water and 3 tablespoons margarine or butter to a rolling boil. Remove from heat. Stir in ¾ cup milk and 2 cups potato flakes with fork until potatoes are of desired consistency. (Makes six ½-cup servings.)



U.S. Department of Agriculture

Nutrition Information

- **Potatoes** are a source of fiber, vitamins C and B-6, niacin, and potassium, as well as other vitamins and minerals. Potatoes contain little fat and have no cholesterol or saturated fat.
- ½ cup cooked potatoes provides 1 serving from the **VEGETABLE GROUP of the Food Guidance System**.

(See recipes on reverse side)

Nutrition Facts	
Serving size 2/3 oz (19g) dry	
Amount Per Serving	
Calories	67
Fat Cal	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 0	0%
Sugars 0g	
Protein 1.6g	
Vitamin A 0%	Vitamin C 26%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Mexi-Mashed Potatoes

2 cups water
3 tablespoons margarine or butter
3/4 cup milk
2 cups potato flakes
4 oz. (1 cup) shredded Cheddar cheese
1 teaspoon chili powder
1/4 teaspoon dried oregano leaves

1. In medium saucepan, bring water and margarine to a rolling boil.
2. Remove from heat and stir in milk and potato flakes with fork until potatoes are of desired consistency.
3. Stir in cheese, chili powder, and oregano.

Makes six ½-cup servings

Variation:

- For a healthier choice, choose a low-fat or reduced calorie cheese.
- If desired, garnish with diced tomato, chopped green onions, and cheese.
- For an extra flavor burst, substitute Taco-flavored or Mexican blend cheese for Cheddar cheese.

Nutrition Information for each serving of Mexi-Mashed Potatoes:

Calories	180	Cholesterol	20 mg	Sugar	1 g	Calcium	150 mg
Calories from Fat	108	Sodium	210 mg	Protein	6 g	Iron	0.3 mg
Total Fat	12 g	Total Carbohydrate	13 g	Vitamin A	90 RAE		
Saturated Fat	5.0 g	Dietary Fiber	1 g	Vitamin C	9 mg		

Chantilly Potatoes

6 servings prepared instant mashed potatoes
1 cup diced ham
1/2 cup whipping cream
1 cup shredded Cheddar cheese

1. Preheat oven 450°F
2. Spread mashed potatoes in a 2 quart casserole. Cover with ham.
3. Whip cream until stiff; fold in cheese. Spread mixture over ham. Bake for 10-15 minutes or until golden brown.

Makes 8 servings

Nutrition Information for each serving of Chantilly Potatoes:

Calories	210	Cholesterol	42 mg	Sugar	4 g	Calcium	135 mg
Calories from Fat	125	Sodium	590 mg	Protein	9 g	Iron	0 mg
Total Fat	14 g	Total Carbohydrate	14 g	Vitamin A	110 RAE		
Saturated Fat	7 g	Dietary Fiber	2 g	Vitamin C	5 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.