

A200 – POTATOES, INSTANT, DEHYDRATED FLAKES, 5 LB



Nutrition Information

Potatoes, flakes
¹dry form
²prepared with margarine and non-fat dry milk, without salt

	1 cup ¹ (60 g)	¼ cup ² (70 g)
Calories	170	72
Protein	4.01 g	3.43 g
Carbohydrate	38.98 g	11.39 g
Dietary Fiber	3.3 g	0.65 g
Sugars	1.69 g	4.11 g
Total Fat	0.19 g	1.46 g
Saturated Fat	0.05 g	0.28 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	1.46 mg
Iron	0.58 mg	0.14 mg
Calcium	12 mg	95 mg
Sodium	51 mg	50 mg
Magnesium	31 mg	15 mg
Potassium	520 mg	233 mg
Vitamin A	5 IU	63 IU
Vitamin A	0 RAE	13 RAE
Vitamin C	40.1 mg	8.3 mg
Vitamin E	0.01 mg	0.15 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Flake-type dehydrated instant potatoes.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pkgs OR 12/1 lb pkgs per case. One 5 lb pkg AP yields about 37½ cups dehydrated potato flakes and provides about 252.5 ¼-cup servings reconstituted, heated potatoes. One lb AP yields about 7½ cups dehydrated potato flakes and provides about 50.5 ¼-cup servings reconstituted, heated potatoes. CN Crediting: ¼ cup of reconstituted, heated potatoes provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened dehydrated potatoes off the floor in a cool, dry place. Never store goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened potatoes in an airtight container in refrigerator. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Potato flakes are a different type of product than potato granules and should be handled differently. The potato flakes should be mixed only long enough to moisten; over mixing will cause them to become pasty and gummy. For 50 ½-cup servings (100 ¼-cup servings): In a mixing bowl combine 1 gallon 2 cups boiling water and 1½ quarts of reconstituted warm nonfat dry milk. Add 2 lb 1 oz potato flakes, 6 oz margarine, and 1 Tbsp salt (optional). Mix 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. (USE OF A MIXER IS NOT RECOMMENDED.)



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none">• Serve plain as a mashed vegetable or in other foods, such as shepherd's pie.• Can also be used as a base for creamed chicken or turkey, or potato soup.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.