

Boiled Potatoes

Allergens - N/A

Ingredients

Quantity	Ingredient
2kg	Potatoes (peeled)
3g	Salt



Method

1. Boil in salted water until cooked through and tender.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 90	= 0.25	= 0	= 0.7	= 0.25	=21.5

Portion size - Primary – 80g

Reviewed April 2018