

Mashed Potatoes

Allergens - **Milk**

Ingredients

Quantity	Ingredient
2.5kg	Potatoes (peeled)
200ml	Semi-Skimmed Milk
3g	Salt



Method

1. Boil peeled potatoes in salted water until tender.
2. Mash and blend in the milk.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 79.6	= 0.4	= 0.1	= 1.1	= 0.2	= 17.7

Portion size - Primary - 100g

Reviewed April 2018