



Mashed Potatoes

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10 lbs	potatoes, peeled and cut into 2-inch chunks	4.5 kg
¼ cup	margarine	60 mL
1 tsp	salt	5 mL
2 cups	milk, warmed	500 mL

Instructions

1. Place potatoes in a large pot and cover with water. Bring to a boil.
2. Reduce heat, cover, and cook for about 20 minutes until potatoes are tender but not falling apart.
3. Drain; add margarine, salt, and milk.
4. Mash the potatoes.

Note: Leave peels on potatoes, if desired, for more fibre.

Nutrition Information	
Serving 100 g (½ cup)	
Calories	90
Fat	1.5 g
	Saturated 0 g
	+ Trans 0 g
Sodium	70 mg
Carbohydrates	18 g
	Fibre 1 g
	Sugars 1 g
Protein	2 g
Calcium	20 mg
Iron	0.3 mg

Food Guide Servings
1 Vegetable & Fruit