



000614 - CAULIFLOWER & POTATO, MASHED

Source: PLANO ISD
 Number of Portions: 27
 Size of Portion: 1/2 CUP

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011137 CAULIFLOWER,FRZ,UNPREP.....	6 lbs	*Place cauliflower in the refrigerator the day before use to thaw. 1. Place 6 pounds of cauliflower into a 4" pan. Do not place in a perforated pan; liquid will be used in the recipe. 2. Steam cauliflower for approximately 7 minutes or to 150 F. Slightly overcook cauliflower until extremely fork tender. 3. Mix cauliflower and cauliflower liquid to combine. CCP: Heat to 135° F or higher.
902682 POTATOES, MASHED, FLAKES, IDAHOAN... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 001145 BUTTER, WITHOUT SALT.....	2 CUPS (DRY) 1 tsp 1/2 TSP (ground) 1/3 cup	4. Add dry potato powder, salt, pepper, and butter to mashed cauliflower and using a masher, mash until well mixed. To Serve: 1. Serve 1/2 cup mashed cauliflower to each customer. *Other brands of dried potatoes can be used. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	48 kcal	Cholesterol	6 mg	Protein	2.15 g	Calcium	24.06 mg	48.35%	Calories from Total Fat
Total Fat	2.59 g	Sodium	127 mg	Vitamin A	24.1 RE	Iron	0.57 mg	27.60%	Calories from Saturated Fat
Saturated Fat	1.48 g	Carbohydrates	5.57 g	Vitamin A	82.3 IU	Water ¹	93.76 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.38 g	Vitamin C	49.4 mg	Ash ¹	0.76 g	46.19%	Calories from Carbohydrates
								17.83%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient									
* - denotes combined nutrient totals with either missing or incomplete nutrient data									
¹ - denotes optional nutrient values									

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	NO	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							