



POTATOES, DEHYDRATED FLAKES

Date: October 2012 Code: 100337

PRODUCT DESCRIPTION

- Dehydrated flaked potatoes are uncooked potatoes with most of the water removed.

PACK/YIELD

- Dehydrated potatoes are packed in 1 pound packages, which is about 9 servings (½ cup each) of prepared mashed potatoes.

STORAGE

- Store unopened dehydrated potatoes in a cool, clean, dry place.
- Store remaining opened dehydrated potatoes in an airtight container not made from metal.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Bring 2 cups water and 2 tablespoons margarine in a saucepan to a boil.
- Remove from heat.
- Stir in ¾ cup milk and 2 cups dehydrated potatoes using a fork.

USES AND TIPS

- Stir shredded cheese, corn, dried or fresh herbs, or garlic into cooked potatoes to add flavor.
- Use cooked dehydrated potatoes as an easy side dish for lunch or dinner.
- Use cooked dehydrated potatoes as a topping instead of pie crust for pot pies or stir into soups.

NUTRITION INFORMATION

- ½ cup of prepared dehydrated potatoes counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

ohNUTRITION FACTS

Serving size: ½ cup (30g) dehydrated potatoes, dry

Amount Per Serving

Calories	110	Calories from Fat	0
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% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 30mg			13%
Total Carbohydrate 24g			8%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 3g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.

BROCCOLI POTATO SOUP

MAKES ABOUT 4 SERVINGS

Ingredients

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups low sodium chicken or vegetable broth
- 1 cup nonfat evaporated milk
- 1 cup dehydrated potatoes prepared with 1 cup water
- Salt and pepper (if you like)
- ¼ cup shredded cheese, like Cheddar or American

Directions

1. Combine broccoli, onion, and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are soft.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Stir in a little more milk or water if soup becomes too thick. If using salt and pepper, add that too.
6. Spoon into bowls and top with 1 tablespoon cheese.

Nutrition Information for 1 serving of Broccoli Potato Soup							
Calories	190	Cholesterol	10 mg	Sugar	10 g	Vitamin C	81 mg
Calories from Fat	30	Sodium	300 mg	Protein	14 g	Calcium	340 mg
Total Fat	2.5 g	Total Carbohydrate	30 g	Vitamin A	104 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

CREAMY MASHED POTATOES

MAKES ABOUT 2 SERVINGS

Ingredients

- 1 cup dehydrated potatoes prepared with 1 cup water
- 2 tablespoons Parmesan or Cheddar cheese, grated
- 2 tablespoons plain yogurt
- 1 teaspoon dried parsley (if you like)

Directions

1. Place prepared potatoes in a bowl.
2. Stir in cheese and yogurt. For even creamier potatoes, add up to 2 tablespoons more yogurt.
3. If using parsley, add that too.

Nutrition Information for 1 serving (½ cup) of Creamy Mashed Potatoes							
Calories	140	Cholesterol	5 mg	Sugar	1 g	Vitamin C	1 mg
Calories from Fat	20	Sodium	120 mg	Protein	5 g	Calcium	97 mg
Total Fat	1.5 g	Total Carbohydrate	26 g	Vitamin A	10 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	2 g				

Recipe adapted from Food.com