

Mashed Potatoes

Ingredients	Gram
Potato flakes	100
Milk (2% Fat)	60
Boiling water	180
Butter	30
Salt	5
Precooked Pea Flour	50

Procedures

Combine boiling water ,milk , butter, and salt.
Add potato flakes and pea flour.Stir to moisten.
Let stand for two minutes,then stir gently again.

Nutrition Facts

Serving Size (80g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 750mg	31%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



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