

Potatoes, Dehydrated

MyPlate Food Group: **Vegetable**



Product Description

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

Storage

- Store unopened dehydrated potatoes in a cool, clean, dry place.
- For best quality, store unused portion in an airtight, nonmetal container.

Uses and Tips

- 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

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

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

Amount Per Serving			
Calories	110	Calories from Fat	0
-% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 30mg			2%
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.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.

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.

Recipe adapted from Food.com