



Bill Wright,
Lackmann Culinary
Service
Executive Chef
Adelphi University

CHEF PROFILE SERIES

HALLOWEEN SPOOKTACULAR

Side

Monster Mashed Potatoes

Nutritional Facts

Serving Size: 3oz.

Calories 124

Total Fat 2.9g

Saturated Fat 0g

Sodium 53mg

Total Carbohydrates 22.2g

Protein 3.1g

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