



**2970000301 - Idahoan® FLAKES
INSTAMASH® Mashed Potatoes Mix, 12/28 oz.
pchs**

Formerly INSTAMASH® Complete Mashed Potatoes, these potato flakes with simple seasoning are so easy prep. Serve as is, or as an ingredient, for the famous flavor of Certified 100% Idaho® Potatoes in a convenient Fresh-Dried™ format.

Brand: Idahoan®



Nutrition Facts

32 servings per container
Serving size **1/3 cup (25g)**

Amount per serving
Calories 90

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 10mg 0%

Iron 0.4mg 2% • Potassium 280mg 6%

Vitamin C 3mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional/Diet Claims: Gluten Free, Kosher DAIRY

Ingredients

Idaho® Potatoes, Sunflower Oil, Corn Syrup Solids, Salt, Mono And Diglycerides, Sodium Caseinate, Maltodextrin, Natural Flavor, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Artificial Color. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid And Mixed Tocopherols.

Case Specifications

GTIN	10029700003019	Case Gross Weight	23.38 LB
UPC	029700003012	Case Net Weight	21 LB
Pack Size	12 / 28OZ	Case L,W,H	15.75 IN, 13.25 IN, 13.50 IN
Shelf Life	365 Days	Cube	1.63 CF
Tie x High	9 x 3		

Preparation and Cooking

1. Measure into half size (4? depth) steam table pan 1 gallon hot water (160-180°F.). 2. While pouring in entire pouch of potatoes, gently blend mix with spatula. DO NOT WHIP. 3. Place on steam table, heat to serving temperature and serve. For a creamier mashed potato add more hot water.

Serving Suggestions

Measure into half size (4? depth) steam table pan 1 gallon hot water (160-180°F.). While pouring in entire pouch of potatoes, gently blend mix with spatula. DO NOT WHIP. Place on steam table, heat to serving temperature and serve. For a creamier mashed potato add more hot water

Product Features and Benefits

Made with 100% Idaho Potatoes Naturally Gluten Free potatoes

Packaging and Storage

The shelf life is approximately 12 months from date of packaging code (imprinted on the package), when shipped and stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Shipping and storage conditions should not exceed 80°F and 60% R.H.

Allergens

CONTAINS:
Soybeans or Soybean Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

MAY CONTAIN:
Milk or Milk Derivatives

Product Images

