



**2970025313 - Idahoan® SMARTMASH® Low Sodium Mashed Potatoes with Vit C, 12/25.2 oz. pchs**

Made to deliver delicious taste, with 28 mg of Vitamin C and only 95 mg of sodium. Formerly REAL Mashed Potatoes Low Sodium w/Vit C, these are perfect for healthcare, K12, or wherever low sodium options are needed.

Brand: Idahoan®



## Nutrition Facts

32 servings per container  
**Serving size** 1/4 cup (22g)

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**Amount per serving**  
**Calories** **80**

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**% Daily Value\***

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	

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Vitamin D 0mcg 0%	• Calcium 20mg 2%
Iron 0.3mg 2%	• Potassium 230mg 4%
Vitamin C 50%	
Riboflavin 0mg 0%	

\* 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.

### Ingredients

Idaho® Potatoes, Sunflower Oil, Nonfat Dry Milk, Salt, Monoglycerides, Calcium Stearoyl Lactylate, Ascorbic Acid (Vitamin C), Spice, Artificial Color, Natural And Artificial Flavors. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

### Case Specifications

GTIN	10029700253131	Case Gross Weight	20.75 LB
UPC	029700253134	Case Net Weight	18.92 LB
Pack Size	12 / 25.2OZ	Case L,W,H	15.51 IN, 11.30 IN, 11 IN
Shelf Life	270 Days	Cube	1.10 CF
Tie x High	10 x 4		

### Preparation and Cooking

1. Measure one gallon of boiling water into steam table pan. 2. Add potatoes all at once while stirring until potatoes are evenly distributed and wet. 3. Allow to stand one minute and then mix and serve.

### Serving Suggestions

Serve warm.

### Product Features and Benefits

Made with 100% Idaho Potatoes Naturally Gluten Free potatoes

### Packaging and Storage

The product should be 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:**  
Milk or Milk Derivatives

**FREE FROM:**  
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

### Product Images



**Nutritional/Diet Claims:** Gluten Free, Kosher YES-K, Halal