



**2970000316 - Idahoan® SMARTMASH® Very Low Sodium Dairy-Free Mashed Potatoes, 6/4.69 lb. ctns**

Made to deliver delicious taste, with only 20 mg of sodium. Formerly Naturally® Mashed Potatoes (Very Low Sodium), these are perfect for healthcare, K12, or wherever low sodium or dairy-free options are needed.

Brand: Idahoan®



**Ingredients**

Idaho® Potatoes, Sunflower Oil, Monoglycerides, Calcium Stearoyl Lactylate, Spice, Artificial Color, Artificial Flavor. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

**Case Specifications**

GTIN	10029700003163	Case Gross Weight	30.53 LB
UPC	029700003166	Case Net Weight	28.13 LB
Pack Size	6 / 4.688LB	Case L,W,H	17.50 IN, 12 IN, 9.57 IN
Shelf Life	365 Days	Cube	1.16 CF
Tie x High	8 x 4		

**Preparation and Cooking**

Hot Water Preparation 1). Measure boiling water into a steam table pan according to the servings on the chart on the packaging. 2).Add potatoes all at once, using a spoon or wire whip to distribute evenly and wet all potatoes. 3).Let stand for 60 seconds, stir well and serve. If desired, add 2 1/4 tsp. salt per 1/2 gallon of water (adds approximately 340 mg sodium per serving).

**Serving Suggestions**

Serve warm.

**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**

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

**Product Images**



**Nutrition Facts**

96 servings per container

Serving size

1/4 cup (22g)

Amount per serving

**Calories**

**80**

% Daily Value\*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 20mg 2%

Iron 0.3mg 2% • Potassium 230mg 4%

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