



1/2 CUP SERVINGS COMPARISON

SKU	Product Description	USDA Commodity	1/2 Cup Creditable Servings / Case	1/2 Cup Creditable Servings/ Bag	Prepared Ounces	Net Wt. (lbs.)	Calories	Calories from Fat (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Allergens
HONEST EARTH® CLEAN LABEL POTATOES																						
2970000715	Idahoan® Honest Earth® Creamy Mashed Potatoes with Butter & Sea Salt, 12/26 oz. pchs	X	462.96	38.58	4.00	19.50	68.02	4.73	0.53	0.37	0.01	0.80	12.93	1.23	0.49	1.65	14.32	3.79	189.55	8.41	0.38	Milk
2970000741	Idahoan® Honest Earth® Buttery Homestyle® Mashed Potatoes, 12/29.5 oz. pchs	X	462.96	38.58	4.2	22.125	77.10	4.98	0.55	0.39	0.01	1.32	15.49	1.24	1.51	2.52	14.87	3.41	203.13	40.69	0.39	Milk
29700000719	Idahoan® Honest Earth® Hash Brown Shredded Potatoes with a Hint of Sea Salt & Pepper, 6/2.25 lb. ctns	X	162.66	27.11	4.0	13.50	136.50	1.98	0.59	0.11	-	-	30.88	3.27	0.15	2.80	0.08	2.02	305.84	23.06	0.54	None
CREAMY MASHED POTATOES, Classic (Smooth/Whipped)																						
2970000311	Idahoan® CREAMY Classic Mashed Potatoes, 24/13 oz. pchs	X	457.48	19.09	4.20	19.51	68.53	6.04	0.67	0.19	-	0.03	14.60	1.18	0.70	1.55	6.15	2.64	260.34	10.50	0.22	Milk
2970000313	Idahoan® CREAMY Classic Mashed Potatoes, 12/26 oz. pchs	X	457.48	38.12	4.20	19.50	68.53	6.04	0.67	0.19	-	0.03	14.60	1.18	0.70	1.55	6.15	2.64	260.34	10.50	0.22	Milk
2970000381	Idahoan® CREAMY Classic Mashed Potatoes, 39 lb. bag	X	N/A	916.30	4.20	39.00	68.53	6.04	0.67	0.19	-	0.03	14.60	1.18	0.70	1.55	6.15	2.64	260.34	10.50	0.22	Milk
2970020405	Idahoan® CREAMY Classic Mashed Potatoes, 6/3.24 lb. ctns	X	456.10	76.10	4.20	19.44	68.53	6.04	0.67	0.19	-	0.03	14.60	1.18	0.70	1.55	6.15	2.64	260.34	10.50	0.22	Milk
CREAMY MASHED POTATOES, Flavored (Smooth/Whipped)																						
2970000342	Idahoan® CREAMY Butter & Herb Mashed Potatoes, 8/32 oz. pchs	X	309.2	38.60	4.20	16.0	90.29	17.48	1.94	1.03	0.07	0.13	16.60	1.09	1.68	1.96	29.69	2.78	424.69	24.11	0.31	Milk
FLAKES, Unseasoned and Flavored																						
2970000301	Idahoan® FLAKES INSTAMASH® Mashed Potatoes Mix, 12/28 oz. pchs	X	454.05	37.84	4.20	21.00	79.20	12.26	1.36	0.23	-	0.09	15.22	1.35	0.37	1.66	0.16	3.23	309.63	8.11	0.26	Milk, Soybean
RUSTIC MASHED POTATOES (Lumps and/or Peels)																						
2970000344	Idahoan® RUSTIC Baby Reds® Mashed Potatoes, 8/32.85 oz. pchs (lumps and peels)	X	317.39	39.67	4.20	16.43	91.42	19.26	2.14	1.49	-	0.21	16.89	1.18	1.30	1.64	7.50	2.77	319.36	10.54	0.22	Milk
2970000349	Idahoan® RUSTIC Buttery Golden Selects® Mashed Potatoes, 8/32.85 oz. pchs	X	317.39	39.67	4.20	16.40	98.12	28.86	3.21	2.35	0.07	0.70	15.56	1.12	1.10	2.05	7.20	3.25	319.90	22.25	0.33	Milk
2970000365	Idahoan® RUSTIC Homestyle Mashed Potatoes, 12/28 oz. pchs (lumps only)	X	485.50	40.46	4.03	21.00	70.43	4.28	0.48	0.18	-	0.11	14.70	1.20	0.50	1.86	3.37	1.41	287.99	20.40	0.24	Milk
SHREDS, Hash Browns and Mixes																						
2970000808	Idahoan® SHREDS Fresh Cut Hash Browns with Seasoning, 6/2.125 lb. ctns	X	154.00	25.60	4.00	13.80	139.63	11.13	1.24	0.27	-	-	31.13	2.78	0.64	2.92	-	10.91	305.42	28.41	0.58	None
2970020816	Idahoan® SHREDS Hearty Cut Hash Browns with Sea Salt & Cracked Black Pepper, 6/2.25 lb. ctns	X	162.66	27.11	4.00	13.50	141.54	7.08	2.09	0.56	-	-	30.26	4.07	0.26	3.34	0.08	10.84	454.82	25.45	0.52	None
SLICES, Unseasoned and Flavored																						
2970000882	Idahoan® SLICES Unseasoned Potatoes, 4/5 lb. bags	X	435.00	108.80	4.00	20.00	74.87	1.31	0.15	0.04	-	-	16.79	1.63	0.17	1.61	-	3.30	14.39	8.55	0.25	None
2970000888	Idahoan® SLICES Au Gratin Potatoes, 12/20.35 oz. pchs	X	203.50	16.96	4.95	15.26	131.25	24.77	2.75	1.96	-	2.47	24.12	1.72	2.44	2.35	33.52	6.36	650.28	31.04	0.44	Milk, Soybean
2970000889	Idahoan® SLICES Scalloped Potatoes, 12/20.35 oz. pchs	X	203.50	16.96	4.95	15.26	129.88	21.06	2.34	1.69	-	2.20	24.53	1.72	3.40	2.62	30.50	7.33	493.26	40.66	0.48	Milk, Soybean
2970000886	Idahoan® SLICES AuGratin Reduced Sodium Potatoes, 12/20.35 oz. pchs	X	203.50	16.96	4.95	15.26	130.19	15.37	1.71	1.25	-	1.06	26.24	1.94	2.43	2.09	18.61	1.33	192.37	44.21	0.38	Milk
2970000887	Idahoan® SLICES Scalloped Reduced Sodium Potatoes, 12/20.35 oz. pchs	X	203.50	16.96	4.95	15.26	126.54	9.19	1.02	0.71	-	1.00	27.15	1.88	1.89	2.22	64.93	1.44	192.94	35.17	0.38	Milk
SMARTMASH® MASHED POTATOES, Nutritional-Focused (Smooth/Whipped)																						
2970000316	Idahoan® SMARTMASH® Very Low Sodium Dairy-Free Mashed Potatoes, 6/4.69 lb. ctns	X	694.40	115.74	4.10	28.13	67.58	7.05	0.78	0.18	-	-	13.96	1.18	0.60	1.49	1.96	2.76	24.87	7.84	0.23	None
2970000348	Idahoan® SMARTMASH® Reduced Sodium Loaded Baked® Mashed Potatoes with Vit C, 12/31 oz. pchs	X	451.98	37.67	4.20	23.27	90.85	18.42	2.05	1.28	-	0.42	16.81	1.26	1.69	1.95	14.00	25.34	207.67	18.11	0.28	Milk, Soybean
2970022313	Idahoan® SMARTMASH® Classic Mashed Potatoes with Vit C, 12/26 oz. pchs	X	454.81	37.90	4.20	19.50	69.21	6.48	0.72	0.19	-	-	14.75	1.20	0.71	1.57	6.20	25.28	262.12	14.26	0.23	Milk
2970025313	Idahoan® SMARTMASH® Low Sodium Mashed Potatoes with Vit C, 12/25.2 oz. pchs	X	452.70	37.72	4.20	18.90	68.96	6.48	0.72	0.19	-	0.05	14.71	1.19	0.70	1.56	2.03	24.25	92.35	10.73	0.23	Milk
CREAMY MASHED POTATOES, Flavored Single Serve Cups (Microwaveable)																						
			PER CUP																			
2970033141	Idahoan® Buttery Homestyle® Mashed Potatoes, 10/1.5 oz. Cup		15.00	N/A	N/A	0.94	169.72	40.90	4.54	2.87	0.15	1.83	29.41	1.95	1.83	3.44	25.32	4.76	686.65	38.07	0.57	Milk



1/4 CUP SERVINGS COMPARISON

SKU	Product Description	USDA Commodity	1/4 Cup Creditable Servings / Case	1/4 Cup Creditable Servings/ Bag	Prepared Ounces	Net Wt. (lbs.)	Calories	Calories from Fat (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Allergens
HONEST EARTH® CLEAN LABEL POTATOES																						
2970000715	Idahoan® Honest Earth® Creamy Mashed Potatoes with Butter & Sea Salt, 12/26 oz. pchs	X	925.8	77.15	2.00	19.50	34.01	2.36	0.26	0.19	0.01	0.40	6.46	0.62	0.24	0.82	7.16	1.90	94.77	4.20	0.19	Milk
2970000741	Idahoan® Honest Earth® Buttery Homestyle® Mashed Potatoes, 12/29.5 oz. pchs	X	925.8	77.15	2.10	22.125	38.51	2.49	0.28	0.19	0.01	0.66	7.74	0.61	0.75	1.26	7.43	1.70	101.46	20.33	0.19	Milk
29700000719	Idahoan® Honest Earth® Hash Brown Shredded Potatoes with a Hint of Sea Salt & Pepper, 6/2.25 lb. ctns	X	325.38	54.23	2.00	13.50	68.25	0.99	0.11	0.05	-	-	15.44	1.63	0.07	1.40	0.04	1.01	152.92	11.53	0.27	None
CREAMY MASHED POTATOES, Classic (Smooth/Whipped)																						
2970000311	Idahoan® CREAMY Classic Mashed Potatoes, 24/13 oz. pchs	X	914.96	38.12	2.10	19.51	34.32	3.03	0.34	0.09	-	0.01	7.31	0.59	0.35	0.78	3.08	1.32	130.36	5.26	0.11	Milk
2970000313	Idahoan® CREAMY Classic Mashed Potatoes, 12/26 oz. pchs	X	914.96	76.25	2.10	19.50	34.32	3.03	0.34	0.09	-	0.01	7.31	0.59	0.35	0.78	3.08	1.32	130.36	5.26	0.11	Milk
2970000381	Idahoan® CREAMY Classic Mashed Potatoes, 39 lb. bag	X	N/A	1,829.91	2.10	39.00	34.32	3.03	0.34	0.09	-	0.01	7.31	0.59	0.35	0.78	3.08	1.32	130.36	5.26	0.11	Milk
2970020405	Idahoan® CREAMY Classic Mashed Potatoes, 6/3.24 lb. ctns	X	912.10	152.00	2.10	19.44	34.32	3.03	0.34	0.09	-	0.01	7.31	0.59	0.35	0.78	3.08	1.32	130.60	5.26	0.11	Milk
CREAMY MASHED POTATOES, Flavored (Smooth/Whipped)																						
2970000342	Idahoan® Creamy Butter & Herb Mashed Potatoes, 8/32 oz. pchs	X	618.4	77.30	2.10	16.0	45.14	8.74	0.97	0.52	0.03	0.07	8.30	0.54	0.30	0.98	14.85	1.39	212.34	12.06	0.16	Milk
FLAKES, Unseasoned and Flavored																						
2970000301	Idahoan® FLAKES INSTAMASH® Mashed Potatoes Mix, 12/28 oz. pchs	X	908.11	75.68	2.10	21.00	39.60	6.13	0.68	0.12	-	0.04	7.61	0.67	0.18	0.83	0.08	1.62	154.82	4.05	0.13	Milk, Soybean
RUSTIC MASHED POTATOES (Lumps and/or Peels)																						
2970000344	Idahoan® RUSTIC Baby Reds® Mashed Potatoes, 8/32.85 oz. pchs (lumps and peels)	X	634.78	79.35	2.10	16.43	45.71	9.63	1.07	0.74	-	0.10	8.45	0.59	0.65	0.82	3.75	1.39	159.68	5.27	0.11	Milk
2970000349	Idahoan® RUSTIC Buttery Golden Selects® Mashed Potatoes, 8/32.85 oz. pchs	X	634.78	79.35	2.1	16.40	47.11	10.78	1.20	0.74	0.03	0.11	8.28	0.56	0.45	0.95	2.84	1.60	157.77	6.83	0.15	Milk
2970000365	Idahoan® RUSTIC Homestyle Mashed Potatoes, 12/28 oz. pchs (lumps only)	X	971.10	80.92	2.01	21.00	35.22	2.14	0.24	0.09	-	0.06	7.35	0.60	0.25	0.93	1.69	0.71	144.00	10.20	0.12	Milk
SHREDS, Hash Browns and Mixes																						
2970020816	Idahoan® SHREDS Hearty Cut Hash Browns with Sea Salt & Cracked Black Pepper, 6/2.25 lb. ctns	X	325.38	54.23	2.00	13.50	70.77	3.54	0.39	0.11	-	-	15.13	2.03	0.13	1.67	0.04	5.42	227.41	12.72	0.26	None
SLICES, Unseasoned and Flavored																						
2970000882	Idahoan® SLICES Unseasoned Potatoes, 4/5 lb. bags	X	870.00	217.50	2.00	20.00	37.43	0.66	0.07	0.02	-	-	8.39	0.81	0.08	0.80	-	1.65	7.19	4.28	0.13	None
2970000888	Idahoan® SLICES Au Gratin Potatoes, 12/20.35 oz. pchs	X	407.00	33.92	2.48	15.26	65.62	12.38	1.38	0.98	-	1.24	12.06	0.86	1.22	1.17	16.76	3.18	325.14	15.52	0.22	Milk, Soybean
2970000889	Idahoan® SLICES Scalloped Potatoes, 12/20.35 oz. pchs	X	407.00	33.92	2.48	15.26	64.94	10.53	1.17	0.84	-	1.10	12.27	0.86	1.70	1.31	15.25	3.66	246.63	20.33	0.24	Milk, Soybean
2970000886	Idahoan® SLICES AuGratin Reduced Sodium Potatoes, 12/20.35 oz. pchs	X	407.00	33.92	2.48	15.26	65.10	7.69	0.85	0.62	-	0.53	13.12	0.97	1.22	0.15	9.30	0.66	96.19	22.10	0.19	Milk
2970000887	Idahoan® SLICES Scalloped Reduced Sodium Potatoes, 12/20.35 oz. pchs	X	407.00	33.92	2.48	15.26	63.27	4.60	0.51	0.36	-	0.50	13.57	0.98	0.95	1.11	32.46	0.72	96.47	17.58	0.19	Milk
SMARTMASH® MASHED POTATOES, Nutritional-Focused (Smooth/Whipped)																						
2970000316	Idahoan® SMARTMASH® Very Low Sodium Dairy-Free Mashed Potatoes, 6/4.69 lb. ctns	X	1,388.90	231.48	2.05	28.13	33.79	3.53	0.39	0.09	-	-	6.98	0.59	0.30	0.74	0.98	1.38	12.43	3.92	0.11	None
2970000348	Idahoan® SMARTMASH® Reduced Sodium Loaded Baked® Mashed Potatoes with Vit C, 12/31 oz. pchs	X	903.96	75.33	2.10	23.27	45.43	9.21	1.02	0.64	-	0.21	8.41	0.63	0.84	0.97	7.00	12.67	103.85	9.06	0.14	Milk, Soybean
2970022313	Idahoan® SMARTMASH® Classic Mashed Potatoes with Vit C, 12/26 oz. pchs	X	909.62	75.80	2.10	19.50	34.61	3.24	0.36	0.09	-	-	7.37	0.60	0.35	0.78	3.10	12.64	131.06	7.13	0.12	Milk
2970025313	Idahoan® SMARTMASH® Low Sodium Mashed Potatoes with Vit C, 12/25.2 oz. pchs	X	905.40	75.45	2.10	18.90	34.53	3.24	0.36	0.09	-	0.02	7.37	0.60	0.35	0.78	1.02	12.14	46.24	5.22	0.12	Milk
CREAMY MASHED POTATOES, Flavored Single Serve Cups (Microwaveable)																						
			PER CUP																			
2970033141	Idahoan® Buttery Homestyle® Mashed Potatoes, 10/1.5 oz. Cup		15.00	N/A	N/A	0.94	169.72	40.90	4.54	2.87	0.15	1.83	29.41	1.95	1.83	3.44	25.32	4.76	686.65	38.07	0.57	Milk