



Idahoan Foods, LLC  
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## Idahoan® RUSTIC Baby Reds® Mashed Potatoes w/Skin-10029700003446 – 16.4 lbs.

**Purchase Units:** 32.85 oz. bag (8 bags per case) Starchy Vegetable

### Portioning Information - USDA School Lunch Meal Planning

The following information is provided for food, as purchased (dry) using the USDA Food Buying Guide for Child Nutrition November 2001.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchase Unit	Creditable Amount (quarter cups)
Potatoes, dehydrated Flake Low moisture	Starchy	0.3168	X	3.1563	1.00
Potatoes, dehydrated Flake Low moisture	Starchy	0.6337	X	3.1563	2.00

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Bag	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.414	2.1	79.35	634.78
½ cup Vegetable/Starchy	0.828	4.2	39.67	317.39

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.414oz.	0.828oz.	100g
Calories (kcal)	45.71	91.42	389.46
Calories from Fat	9.63	19.26	82.04
Fat (g)	1.07	2.14	9.12
Saturated Fat (g)	0.74	1.49	6.35
Trans Fatty Acid (g)	0.00	0.01	0.03
Cholesterol (mg)	0.10	0.21	0.88
Carbohydrates (g)	8.45	16.89	71.96
Dietary Fiber (g)	0.59	1.18	5.02
Total Sugars (g)	0.65	1.30	5.54
Protein (g)	0.82	1.64	7.00
Water (g)	0.61	1.22	5.21
Vitamin A - IU (IU)	3.75	7.50	31.97
Vitamin C (mg)	1.39	2.77	11.81
Sodium (mg)	159.68	319.36	1360.50
Calcium (mg)	5.27	10.54	44.88
Iron (mg)	0.11	0.22	0.95

**Ingredients:** Idaho® potatoes (russet and red varieties), vegetable oil (contains one or more of the following: coconut, palm, soybean, cottonseed, sunflower, canola), corn syrup solids, salt, maltodextrin, nonfat dry milk, sugar, sodium caseinate, butter powder [butter (sweet cream, salt, annatto color), nonfat milk solids, sodium caseinate and disodium phosphate], mono and diglycerides, calcium stearoyl lactylate, natural and artificial flavors (milk, soy), spice, sodium acid pyrophosphate (preserve freshness), sodium bisulfite (preserve freshness), dipotassium phosphate, artificial color, citric acid (preserve freshness), mixed tocopherols (preserve freshness) and less than 2% silicon dioxide added as an anti-caking agent.

**Contains:** MILK, SOYBEAN

I certify the above information is true and correct in that a 0.414 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.828 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

October 10, 2023  
Date

*Ryan Carter*  
Research & Development