



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: Potatoes (russet and red varieties), vegetable oil (coconut, sunflower, soybean), maltodextrin, dried corn syrup, salt, sugar, nonfat dry milk, butter (cream, salt), mono and diglycerides, calcium stearoyl lactylate, natural flavors. Freshness preserved by sodium acid pyrophosphate sodium bisulfite, citric acid, mixed tocopherols.

Contains: MILK

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 29, 2024
Date

Ryan Carter
Research & Development