



Idahoan Foods, LLC  
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**Idahoan® Rustic Buttery Golden Selects Mashed Potatoes w/Skin – 10029700003491 – 16.4 lbs.**

**Purchase Units:** 32.85 oz bag (8 bags per case) 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 – Potatoes, dehydrated Flake Low moisture.

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)	47.11	98.12	401.43
Calories from Fat	10.78	28.86	91.83
Fat (g)	1.20	3.21	10.20
Saturated Fat (g)	0.74	2.35	6.26
Trans Fatty Acid (g)	0.03	0.07	0.25
Cholesterol (mg)	0.11	0.70	0.96
Carbohydrates (g)	8.28	15.56	70.53
Dietary Fiber (g)	0.56	1.12	4.79
Total Sugars (g)	0.45	1.10	3.85
Protein (g)	0.95	2.05	8.13
Water (g)	0.60	1.22	5.12
Vitamin A - IU (IU)	2.84	7.20	24.23
Vitamin C (mg)	1.60	3.25	13.66
Sodium (mg)	157.77	319.9	1344.29
Calcium (mg)	6.83	22.25	58.17
Iron (mg)	0.15	0.33	1.26

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

**Contains:** MILK

I certify the above information is true and correct and that a 0.414 ounce serving of the above product contains ¼ cup of starchy vegetables and a 0.828 ounce serving of the above product contains ½ cup of starchy vegetables.

October 29, 2024  
Date

Ryan Carter  
Research & Development