



Idahoan Foods, LLC
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Idahoan® SLICES Unseasoned Potatoes - 10029700008823 - 20.0 lbs.

Purchase Units: 5.0 lbs. bag (4 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 Slice Low moisture	Starchy	0.3678	X	2.7188	1.00
Potatoes, dehydrated Slice Low moisture	Starchy	0.7356	X	2.7188	2.00

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Bag	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.3678	2.00	217.5	870
½ cup Vegetable/Starchy	0.7356	4.00	108.8	435

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.368 oz.	0.736 oz.	100g
Calories (kcal)	37.43	74.87	359.00
Calories from Fat	0.66	1.31	6.30
Fat (g)	0.07	0.15	0.70
Saturated Fat (g)	0.02	0.04	0.20
Trans Fatty Acid (g)	0.00	0.00	0.00
Cholesterol (mg)	0.00	0.00	0.00
Carbohydrates (g)	8.39	16.79	80.50
Dietary Fiber (g)	0.81	1.63	7.80
Total Sugars (g)	0.08	0.17	0.80
Protein (g)	0.80	1.61	7.70
Water (g)	0.84	1.80	8.60
Vitamin A - IU (IU)	0.00	0.00	0.00
Vitamin C (mg)	1.65	3.30	15.80
Sodium (mg)	7.19	14.39	69.00
Calcium (mg)	4.28	8.55	41.00
Iron (mg)	0.13	0.25	1.20

Ingredients: Dehydrated Idaho® potatoes and sodium bisulfite.

Contains: None of the eight major allergens.

I certify the above information is true and correct in that a 0.3678 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.7356 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