



**2970000348 - Idahoan® SMARTMASH®
Reduced Sodium Loaded Baked® Mashed
Potatoes with Vit C, 12/31 oz. pchs**

Made to deliver delicious taste, with 29 mg of Vitamin C and only 230 mg of sodium. Formerly REAL Mashed Potatoes Reduced Sodium Loaded Baked w/Vit C, these are perfect for healthcare, K12, or wherever low sodium options are needed.

Brand: Idahoan®



Nutrition Facts

32 servings per container
Serving size **1/4 cup (27g)**

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%

Protein 2g	
Vitamin D 0mcg 0%	• Calcium 30mg 2%
Iron 0.3mg 2%	• Potassium 290mg 6%
Vitamin C 50%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional/Diet Claims: Gluten Free

Ingredients

Idaho® Potatoes, Vegetable Oil (Sunflower, Coconut, Soybean), Corn Syrup Solids, Whey, Textured Vegetable Protein (Soy Protein Concentrate, Caramel Color), Salt, Sugar, Nonfat Dry Milk, Maltodextrin, Dried Onion, Natural And Artificial Flavors (Including Smoke), Calcium Stearate, Sour Cream (Cream, Nonfat Milk, Cultures), Cheddar, Blue, Romano And Parmesan Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Monoglycerides, Reduced Lactose Whey, Calcium Stearoyl Lactylate, Hydrolyzed Soy Protein, Spice, Autolyzed Yeast Extract, Chives, Whey Protein Concentrate, Disodium Inosinate And Disodium Guanylate, Ascorbic Acid (Vitamin C), Paprika Extract (Color), Annatto Extract (Color), Artificial Color. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, Mixed Tocopherols

Case Specifications

GTIN	10029700003484	Case Gross Weight	24.94 LB
UPC		Case Net Weight	23.27 LB
Pack Size	1 / 31OZ	Case L,W,H	19.50 IN, 9.50 IN, 11.50 IN
Shelf Life	273 Days	Cube	1.23 CF
Tie x High	10 x 4		

Preparation and Cooking

1. Measure 1 gallon of boiling water into a steam table pan.
2. Add one pouch of seasoned potatoes all at once, using a fork or wire whip to distribute evenly and wet all potatoes. Let stand one minute.
3. Stir well and serve. Note: For a creamier mashed potato add more boiling water.

Serving Suggestions

Serve warm.

Product Features and Benefits

Made with 100% Idaho Potatoes Naturally Gluten Free potatoes

Packaging and Storage

The shelf life is approximately 9 months from date of packaging code (imprinted on the package), when stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Storage conditions should not exceed 80°F and 60% R.H.

Product Images

