



2970000301 - Idahoan Seasoned Instamash Pouch--12 ct/28 oz.

1 min., 1 step, preparation reduces labor costs; use hot or cold water; can be customized or prepare as is; made with 100% real Idaho potatoes.

Brand: Idahoan®



Nutrition Facts

Serving Size 2/3 Cup (25g)
Servings Per Container: 0

Amount Per Serving

Calories 90

Calories from Fat 15

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 370 mg 15%

Total Carbohydrate 18 g 6%

Dietary Fiber 2 g 8%

Sugars 1 g

Protein 2 g

Vitamin A 0 IU • Vitamin C 6%

Calcium 0 mg • Iron 0%

Vitamin D 0 mcg •

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Idaho Potatoes, Sunflower Oil, Corn Syrup Solids, Salt, Mono And Diglycerides, Sodium Caseinate, Maltodextrin, Natural Flavor, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, Mixed Tocopherols And Artificial Color.

Case Specifications

GTIN	10029700003019	Case Gross Weight	23.38 LB
UPC	029700003012	Case Net Weight	21 LB
Pack Size	12 / 28OZ	Case L,W,H	15.25 IN, 13 IN, 13.50 IN
Shelf Life	365 Days	Cube	1.55 CF
Tie x High	9 x 3		

Preparation and Cooking

Measure into half size (4? depth) steam table pan 1 gallon hot water (160-180°F.). While pouring in entire pouch of potatoes, gently blend mix with spatula. DO NOT WHIP. Place on steam table, heat to serving temperature and serve. For a creamier mashed potato add more hot water

Serving Suggestions

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Packaging and Storage

Store away from direct heat, in a cool, dry location, away from stornng contaminating ordrs. Storage conditions should not xceed 80 dgress F and 60% R.H.

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

MAY CONTAIN:

Milk or Milk Derivatives

Nutritional Claims: Gluten Free, Kosher