



2970000316 - Idahoan Naturally Mashed Low Sodium Carton--6 ct/4.687 lb.

Idahoan® Naturally™ Real Mashed Potatoes are processed from sound, well peeled and trimmed 100% Idaho® Potatoes. The product complies with the provisions set forth in the Federal Food, Drug and Cosmetic Act and Amendments.

Brand: Idahoan®



Nutrition Facts

Serving Size 1/4 cup (22g)
Servings Per Container: 0

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 20 mg 1%

Total Carbohydrate 17 g 6%

Dietary Fiber 1 g 6%

Sugars 0 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, Monoglycerides, Calcium Stearoyl Lactylate, Spice, Artificial Color, Artificial Flavor. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

Case Specifications

GTIN	10029700003163	Case Gross Weight	30.60 LB
UPC	029700003166	Case Net Weight	28.12 LB
Pack Size	6 / 4.688LB	Case L,W,H	17.50 IN, 11.75 IN, 9.50 IN
Shelf Life	365 Days	Cube	1.13 CF
Tie x High	8 x 5		

Preparation and Cooking

1. Measure boiling water into a serving container according to the chart below. 2. Add Idahoan® Naturally™ according to the chart below, wet all the potatoes and let stand for one minute. 3. Stir well and serve.

Serving Suggestions

Serve prepared product on steam table at 170 degrees and let stand 5-10 minutes until lumps are soft and tender.

Packaging and Storage

The shelf life is approximately 12 months from date of packaging code (imprinted on the package), when shipped and stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Shipping and storage conditions should not exceed 80°F and 60% R.H.

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional Claims: Gluten Free, Kosher