



## 2970000348 - Idahoan Reduced Sodium Loaded Baked Mashed Pouch--12 ct/31 oz.

Idahoan® Reduced Sodium Loaded Baked Mashed Potatoes are made from a blend of Idaho® potatoes and a dry seasoning. The potatoes are processed from sound, well peeled and trimmed 100% Idaho potatoes. This product complies with the provisions and regulations set forth by the Federal Food, Drug, and Cosmetic Act and Amendments

Brand: Idahoan®



### Nutrition Facts

Serving Size 1/4 cup (27g)  
Servings Per Container: 480

#### Amount Per Serving

<b>Calories</b> 100	<b>Calories from Fat</b> 9
<b>% Daily Value*</b>	
<b>Total Fat</b> 2 g	4%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrate</b> 19 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein</b> 2 g	

Vitamin A 0 IU • Vitamin C 50%

Calcium 0% • Iron 0%

\*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, 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

<b>GTIN</b>	10029700003484	<b>Case Gross Weight</b>	24.94 LB
<b>UPC</b>	029700003487	<b>Case Net Weight</b>	23.27 LB
<b>Pack Size</b>	1 / 31OZ	<b>Case L,W,H</b>	19.50 IN, 9.50 IN, 11.50 IN
<b>Shelf Life</b>	365 Days	<b>Cube</b>	1.23 CF
<b>Tie x High</b>	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.

### 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.

### Allergens

CONTAINS:

Milk or Milk Derivatives, Soybeans or Soybean Derivatives

**Nutritional Claims:** Gluten Free