



2970000713 - Honest Earth Creamy Mash--8/26 OZ.

Idahoan® Honest Earth Creamy Mashed Potatoes are processed from sound, cleaned, peeled, 100% Idaho® potatoes. The product complies with the provisions of the Federal Food, Drug, and Cosmetic Act and Amendments and is manufactured and packaged following GMPs.

Brand: Idahoan®



Nutrition Facts

Serving Size 3 Tablespoon (23g)
Servings Per Container: 0

Amount Per Serving

Calories 80

		% Daily Value*
Total Fat	0.5 g	1%
Saturated Fat	g	0%
Trans Fat	g	
Cholesterol	mg	0%
Sodium	230 mg	10%
Potassium	272 mg	8%
Total Carbohydrate	17 g	6%
Dietary Fiber	g	0%
Sugars	g	

Protein g

Vitamin A 0% • Vitamin C

Calcium 10 mg • 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
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Idaho® Potatoes, Butter And Sea Salt.

Case Specifications

GTIN	10029700007130	Case Gross Weight	14.45 LB
UPC	029700007133	Case Net Weight	13 LB
Pack Size		Case L,W,H	14 IN, 12 IN, 8.25 IN
Shelf Life	365 Days	Cube	0.80 CF
Tie x High	11 x 5		

Preparation and Cooking

1. Add 1 gallon of hot (180-190°F) water to a 6" x ½ size steam table pan. 2. Add entire pouch of potatoes at once and stir with a wire whip to distribute evenly and wet all potatoes. 3. Let stand 1 minute. Mix well and serve

Serving Suggestions

1/2 cup

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

CONTAINS:

Milk or Milk Derivatives