



## 2970000713 - Honest Earth® Creamy Mashed Potatoes with Butter & Sea Salt, 8/26 oz. pchs

These smooth, creamy and simply seasoned mashed potatoes are always made from Certified 100% Idaho® Potatoes. With simple ingredients, they're oh-so-versatile — perfect on their own or customized with your own signature touch.

Brand: Idahoan®



### Nutrition Facts

Serving Size 3 Tablespoon (23g)  
Servings Per Container: 32

#### Amount Per Serving

**Calories 80**

**% Daily Value\***

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 230mg 10%

**Potassium** 272mg 8%

**Total Carbohydrate** 17g 6%

Dietary Fiber 1g 4%

Sugars 1g

**Protein** 2g

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	14.55 LB
UPC	029700007133	Case Net Weight	13 LB
Pack Size		Case L,W,H	14 IN, 12 IN, 9.25 IN
Shelf Life	425 Days	Cube	0.83 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

140 Grams Prepared

### Product Features and Benefits

- Made with 100% Real Idaho Potatoes
- Naturally Gluten Free potatoes
- Plant Based

### 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

FREE FROM:  
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

**Nutritional/Diet Claims:** Kosher Dairy Kosher