



## 2970020405 - Idahoan Real Mashed Gable Top Carton--6 ct/3.24 lb.

Idahoan® REAL Premium Mashed Potatoes are processed from sound, well peeled and trimmed 100% Idaho® Potatoes. The product complies with the provisions of the Federal Food, Drug and Cosmetic Act and Amendments.

Brand: Idahoan®



### Nutrition Facts

Serving Size 2/3 cup (140g)  
Servings Per Container: 0

#### Amount Per Serving

**Calories** 80

**Calories from Fat** 10

#### % Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0.5 g

**Cholesterol** 0 mg 0%

**Sodium** 310 mg 7%

**Total Carbohydrate** 17 g 6%

Dietary Fiber 1 g 6%

Sugars 1 g

**Protein** 2 g

Vitamin A 0 IU • Vitamin C 6%

Calcium 22 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, Salt, Sunflower Oil, Nonfat Dry Milk, Monoglycerides, Calcium Stearoyl Lactylate, Spice, Artificial Color, Natural And Artificial Flavors. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid And Mixed Tocopherols.

### Case Specifications

GTIN	10029700204058	Case Gross Weight	21.50 LB
UPC	029700204051	Case Net Weight	19.44 LB
Pack Size	6 / 3.24LB	Case L,W,H	17.50 IN, 11.75 IN, 8.25 IN
Shelf Life	365 Days	Cube	0.98 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® REAL according to the chart below, wet all the potatoes and let stand for one minute.

### Serving Suggestions

One minute, one step preparation. Prepare with hot or cold water

### Packaging and Storage

Store away from direct heat, in a cool, dry location, away from strong contaminating odors. Storage conditions should not exceed 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, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

MAY CONTAIN:

Milk or Milk Derivatives, Soybeans or Soybean Derivatives

**Nutritional Claims:** Gluten Free, Kosher, Halal