



2970025313 - Idahoan Real K12 Low Sodium Mash Vit C Pouch--12 Ct/25.2 oz.

Idahoan® Low Sodium REAL 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 22 GR (22g)
Servings Per Container: 0

Amount Per Serving

Calories 80

Calories from Fat 0

% Daily Value*

Total Fat 1 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 110 mg 0%

Potassium 240 mg 7%

Total Carbohydrate 17 g 6%

Dietary Fiber 1 g 4%

Sugars 1 g

Protein 2 g

Vitamin A 0 IU • Vitamin C 50%

Calcium 0% • Iron 0%

Riboflavin 0 mg •

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

Case Specifications

GTIN	10029700253131	Case Gross Weight	20.75 LB
UPC	029700253134	Case Net Weight	18.92 LB
Pack Size	12 / 25.2OZ	Case L,W,H	15.37 IN, 11 IN, 11 IN
Shelf Life	365 Days	Cube	1.16 CF
Tie x High	10 x 4		

Preparation and Cooking

1. Measure one gallon of boiling water into steam table pan. 2. Add potatoes all at once while stirring until potatoes are evenly distributed and wet. 3. Allow to stand one minute and then mix and serve

Serving Suggestions

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

Packaging and Storage

The shelf life is approximately 9 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, Soybeans or Soybean Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional Claims: A Smart Snack Food, Gluten Free, Kosher, Halal