



2970033145 - Idahoan Four Cheese Cup--10Ct / 1.5 Oz

Convenient, portable, easy to prepare cup. Good for on the go snack, lunch, and dinner.

Brand: Idahoan®



Nutrition Facts

Serving Size 1.5 oz (43g)

Amount Per Serving

Calories 160

Calories from Fat 20

% Daily Value*

Total Fat 4 g 5%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 870 mg 38%

Potassium 400 mg 8%

Total Carbohydrate 29 g 11%

Dietary Fiber 2 g 7%

Sugars 2 g

Protein 4 g

Vitamin A 0 IU • Vitamin C 6%

Calcium 70 mg • Iron 0.6 mg

Vitamin D 0.1 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

Potassium 3,500mg 3,500mg

Total Carbs. 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutritional Claims: Gluten Free

Ingredients

Idaho® Potatoes, Cheddar/Parmesan/Blue/Romano Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Vegetable Oil (Coconut, Sunflower, Soybean), Whey, Maltodextrin, Sugar, Nonfat Dry Milk, Buttermilk Powder, Monoglycerides, Calcium Stearoyl Lactylate, Natural Flavors, Yeast Extract, Paprika Extract (Color), Annatto Extract (Color). Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

Case Specifications

GTIN	10029700331457	Case Gross Weight	1.74 LB
Pack Size	10 / 1.5OZ	Case Net Weight	0.94 LB
Shelf Life	365 Days	Case L,W,H	20.31 IN, 8.13 IN, 3.13 IN
Tie x High	9 x 15	Cube	0.30 CF

Preparation and Cooking

Reconstitute: Remove lid completely. Add cold water to fill-line in cup. Stir thoroughly. Microwave uncovered on high for 1 1/2 minutes. Stir well and let stand for 1 minute.

Serving Suggestions

Single serve item. Serve straight from the microwable container you cook in.

Packaging and Storage

Store away from direct heat, in a cool dry location, away from strong contaminating odors. Storage conditions should not exceed 80 degrees F and 60%

Allergens

CONTAINS:

Milk or Milk Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Tree nuts or Tree nut Derivatives, Wheat or Wheat Derivatives