



2970033147 - Idahoan Roasted Garlic Mashed Potato Cups--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 (28g)

Amount Per Serving

Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 590 mg	25%
Potassium 260 mg	7%
Total Carbohydrate 20 g	7%
Dietary Fiber 1 g	4%
Sugars 2 g	
Protein 2 g	

Vitamin A 0 IU • Vitamin C 6%

Calcium 0% • 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

Nutritional Claims: Gluten Free

Ingredients

Idaho® Potatoes, Corn Syrup Solids, Salt, Partially Hydrogenated Oil (Contains One Or More of the Following: Soybean, Cottonseed Sunflower), Whey Powder, Coconut Oil, Sugar, Nonfat Dry Milk, Sodium Caseinate, Maltodextrin, Mono And Diglycerides, Calcium Stearoyl Lactylate, Natural And Artificial Flavor, Dehydrated Garlic, Hydrolyzed Soy Protein, Spice, Artificial Color, Sodium Acid Pyrophosphate, Parsley Flakes, Dipotassium Phosphate, Lecithin, Sodium Bisulfite, Disodium Guanylate And Inosinate, Citric Acid, Mixed Tocopherols (Vitamin E) And Less Than 2, 0% Silicon Dioxide.

Case Specifications

GTIN	10029700331471	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 microwavable 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% 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, Sesame seeds or Sesame seed Derivatives, Tree nuts or Tree nut Derivatives, Wheat or Wheat Derivatives

MAY CONTAIN:

Corn or Corn Derivatives