



## 2970033148 - Idahoan Loaded Baked Mashed Potato Cup--10Ct / 1.5 Oz

Idahoan® Real Loaded Baked Potato Flavored Mashed Potatoes are made from a blend of Idahoan®Real and a loaded baked potato seasoning. The potatoes are processed from sound, well peeled and trimmed 100% Idaho potatoes. Idahoan® Real Loaded Baked Potato Mashed Potatoes comply with the provisions and regulations set forth by the Federal Food, Drug, and Cosmetic Act and Amendments.

Brand: Idahoan®



### Nutrition Facts

Serving Size 1.5 (28g)  
Servings Per Container: 1

#### Amount Per Serving

**Calories** 110

	% Daily Value*
<b>Total Fat</b> g	0%
Saturated Fat g	0%
Trans Fat g	
<b>Cholesterol</b> mg	0%
<b>Sodium</b> 760 mg	33%
<b>Total Carbohydrate</b> g	0%
Dietary Fiber g	0%
Sugars g	

**Protein** g

Vitamin A 0% • Vitamin C  
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
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients

Idaho® Potatoes, Partially Hydrogenated Oil (Contains One Or More of the Following: Soybean, Sunflower, Cottonseed), Cheese Blend {Cheddar Cheese Blend [Reduced Lactose whey, Whey, Partially Hydrogenated Soybean Oil, Maltodextrin, Cheddar Cheese (Milk, Salt, Cheese Cultures, Enzymes) Salt, Disodium Phosphate, Nonfat Dry Milk, Citric Acid, Lactic Acid, Artificial Color, (Including Fd&C Yellow #5 And #6)], Blue Cheese [(Milk, Salt, Cheese Cultures, Enzymes) Disodium Phosphate], Parmesan Cheese [(Partially Skimmed Milk, Cheese Cultures, Salt, Enzymes) Disodium Phosphate], Romano Cheese [(Partially Skimmed Milk, Cheese Cultures, Salt, Enzymes), Disodium Phosphate], }, Salt, Corn Syrup Solids, Nonfat Dry Milk, Whey Powder, Coconut Oil, Textured Vegetable Protein (Soy Flour, Caramel Color, Fd&C Red #3), Sugar, Mono And Diglycerides, Sodium Caseinate, Dehydrated Onion, Sour Cream (Cultured Cream And Nonfat Milk), Hydrolyzed Vegetable Protein (Corn Gluten, Wheat Gluten And Soy), Calcium Stearoyl Lactylate, Autolyzed Yeast, Natural And Artificial Flavors, Dipotassium Phosphate, Chives, Spices, Natural Smoke Flavor, Lecithin, Artificial Color Including (Fd&C Yellow #5 And #6), Sodium Acid Pyrophosphate, Citric Acid, Disodium Inosinate, Disodium Guanylate, Sodium Bisulfite, Mixed Tocopherols (Vitamin E) And Not More Than 2% Silicon Dioxide Added As An Anti-Caking Agent.

### Case Specifications

<b>GTIN</b>	10029700331488	<b>Case Gross Weight</b>	1.74 LB
<b>Pack Size</b>	10 / 1.5OZ	<b>Case Net Weight</b>	0.94 LB
<b>Shelf Life</b>	365 Days	<b>Case L,W,H</b>	20.31 IN, 8.13 IN, 3.13 IN
<b>Tie x High</b>	9 x 15	<b>Cube</b>	0.30 CF

### Preparation and Cooking

**Reconstitute:** 1. Remove lid completely 2. Add cold water to fill-line in cup. Stir thoroughly to moisten all potatoes 3. microwave uncovered on high for 1-1/2 minutes CAUTION: CUP AND CONTENTS WILL BE VERY HOT! 4. Stir well and let stand for 1 minute. Enjoy.

### Serving Suggestions

1. Remove lid completely 2. Add cold water to fill-line in cup. Stir thoroughly to moisten all potatoes 3. microwave uncovered on high for 1-1/2 minutes CAUTION: CUP AND CONTENTS WILL BE VERY HOT! 4. Stir well and let stand for 1 minute. Enjoy.

### Packaging and Storage

Product possesses a 12 month shelf life when stored under cool, dry conditions free from contaminating odors with temperatures not to exceed 80°F.

### Allergens

CONTAINS:  
Milk or Milk Derivatives, Soybeans or Soybean Derivatives