



Idahoan Foods, LLC
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Idahoan® Smart Mash Mashed Potato – 1002970000303 – 13.0 lbs.

Purchase Units: 26.0 oz. bag (8 bags per case) Vegetable

Portioning Information - USDA School Lunch Meal Planning

The following information is provided for food, as purchased (dry) using the USDA Food Buying Guide for Child Nutrition November 2001.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchase Unit	Creditable Amount (quarter cups)
Potatoes, dehydrated Flake Low moisture	Starchy	0.3168	X	3.1563	1.00
Potatoes, dehydrated Flake Low moisture	Starchy	0.6337	X	3.1563	2.00
Total Creditable Vegetable Amount:					1- ¼ cup 2- ¼ cups

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Bag	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.317	2.0	82	656
½ cup Vegetable/Starchy	0.634	4.0	41	328

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.317oz.	0.634oz.	100g
Calories (kcal)	33.70	67.40	375.00
Calories from Fat	3.74	7.47	41.58
Fat (g)	0.42	0.83	4.62
Saturated Fat (g)	0.14	0.29	1.60
Trans Fatty Acid (g)	0.00	0.01	0.04
Cholesterol (mg)	0.20	0.40	2.20
Carbohydrates (g)	6.73	13.46	74.90
Dietary Fiber (g)	0.56	1.12	6.25
Total Sugars (g)	0.13	0.27	1.50
Protein (g)	0.75	1.51	8.39
Water (g)	0.81	1.62	9.00
Vitamin A - IU (IU)	2.21	4.42	24.60
Vitamin C (mg)	1.23	2.45	13.65
Sodium (mg)	68.84	137.68	766.00
Calcium (mg)	6.58	13.16	73.20
Iron (mg)	0.13	0.22	1.42

Ingredients: Idaho® Potatoes, vegetable oil (sunflower and canola), salt, nonfat dry milk, cream, sugar, mono and diglycerides, calcium stearoyl lactylate, and natural flavors. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, mixed tocopherols, and citric acid.

Contains: MILK

I certify the above information is true and correct in that a 0.317 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.634 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

March 1, 2020 _____

Date

Ryan Carter

Research & Development

Country of Origin: USA