



Idahoan Foods, LLC
 900 Pier View Drive, Suite 100
 Idaho Falls, ID 83402

TEL | 208.542.3700
 www.idahoanfoods.com

Idahoan Foods Naturally Mashed Potatoes -10029700003163 – 28.125 lbs.

Purchase Units: 4.6875 lbs. carton (6 per case) Starchy 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 |

| Contribution Equivalent | Dry Ounces | Prepared Ounces | Creditable Servings/Bag | Creditable Servings/Case |
|-------------------------|------------|-----------------|-------------------------|--------------------------|
| ¼ cup Vegetable/Starchy | 0.324 | 2.05 | 231.48 | 1388.9 |
| ½ cup Vegetable/Starchy | 0.648 | 4.1 | 115.74 | 694.4 |

| Nutrition Information | ¼ cup | ½ cup | Per 100 g |
|-----------------------|----------|----------|-----------|
| Weight | 0.324oz. | 0.648oz. | 100g |
| Calories (kcal) | 33.79 | 67.58 | 367.00 |
| Calories from Fat | 3.53 | 7.05 | 38.40 |
| Fat (g) | 0.39 | 0.78 | 4.27 |
| Saturated Fat (g) | 0.09 | 0.18 | 0.98 |
| Trans Fatty Acid (g) | 0.00 | 0.00 | 0.01 |
| Cholesterol (mg) | 0.00 | 0.00 | 0.01 |
| Carbohydrates (g) | 6.98 | 13.96 | 76.01 |
| Dietary Fiber (g) | 0.59 | 1.18 | 6.43 |
| Total Sugars (g) | 0.30 | 0.60 | 3.25 |
| Protein (g) | 0.74 | 1.49 | 8.09 |
| Water (g) | 0.82 | 1.64 | 8.54 |
| Vitamin A - IU (IU) | 0.98 | 1.96 | 10.64 |
| Vitamin C (mg) | 1.38 | 2.76 | 15.00 |
| Sodium (mg) | 12.43 | 24.87 | 135.37 |
| Calcium (mg) | 3.92 | 7.84 | 42.67 |
| Iron (mg) | 0.11 | 0.23 | 1.24 |

Ingredients: Idaho® potatoes, sunflower oil, monoglycerides, calcium stearoyl lactylate, spice, artificial color, artificial flavor. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols.

Contains: None

I certify the above information is true and correct in that a 0.324 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.648 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