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## Idahoan® SMARTMASH® Reduced Sodium Loaded Baked® Mashed Potatoes w/Vitamin C – 10029700003484 – 23.25 lbs.

**Purchase Units:** 31.0 oz. bag (12 bags 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	0.412	2.1	75.33	903.96
½ cup Vegetable/Starchy	0.823	4.2	37.67	451.98

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.412oz.	0.823oz.	100g
Calories (kcal)	45.43	90.85	389.42
Calories from Fat	9.21	18.42	78.97
Fat (g)	1.02	2.05	8.77
Saturated Fat (g)	0.64	1.28	5.51
Trans Fatty Acid (g)	0.00	0.01	0.03
Cholesterol (mg)	0.21	0.42	1.81
Carbohydrates (g)	8.41	16.81	72.06
Dietary Fiber (g)	0.63	1.26	5.38
Total Sugars (g)	0.84	1.69	7.24
Protein (g)	0.97	1.95	8.35
Water (g)	0.63	1.27	5.44
Vitamin A - IU (IU)	7.00	14.00	60.01
Vitamin C (mg)	12.67	25.34	108.63
Sodium (mg)	103.85	207.67	890.19
Calcium (mg)	9.06	18.11	77.64
Iron (mg)	0.14	0.28	1.22

**Ingredients:** Idaho potatoes, vegetable oil (contains one or more of the following: soybean, sunflower, cottonseed, canola), corn syrup solids, whey, textured vegetable protein (soy flour, caramel color, soybean oil, salt, natural flavoring), salt, sugar, nonfat dry milk, mono and diglycerides, maltodextrin, dehydrated onion, sodium caseinate, calcium stearate, sour cream (cream, nonfat milk, cultures), cheddar, blue, romano and parmesan cheeses (pasteurized milk, cheese cultures, salt, enzymes), reduce lactose whey, calcium stearoyl lactylate, spice, hydrolyzed soy protein, autolyzed yeast extract, whey protein concentrate, artificial color, disodium inosinate and guanylate, natural and artificial flavors (including smoke), sodium acid pyrophosphate (preserve freshness), sodium bisulfite (preserve freshness), vitamin c (ascorbic acid), citric acid (preserve freshness), mixed tocopherols (preserve freshness) and less than 2% silicon dioxide (anti-caking agent).

**Contains:** MILK, SOYBEAN

I certify the above information is true and correct in that a 0.412 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.823 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

December 16, 2021  
Date

*Ryan Carter*  
Research & Development