



Idahoan Foods, LLC  
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## Idahoan Honest Earth Creamy Mash Potatoes – 2970000713 – 13.0 lbs.

**Purchase Units:** 26.0 oz. bag (8 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	0.337	2.1	77.15	617.2
½ cup Vegetable/Starchy	0.674	4.2	38.58	308.6

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.337oz.	0.674oz.	100g
Calories (kcal)	34.01	68.02	356.00
Calories from Fat	2.36	4.73	24.75
Fat (g)	0.26	0.53	2.75
Saturated Fat (g)	0.19	0.37	1.95
Trans Fatty Acid (g)	0.01	0.01	0.07
Cholesterol (mg)	0.40	0.80	4.20
Carbohydrates (g)	6.46	12.93	67.66
Dietary Fiber (g)	0.62	1.23	6.44
Total Sugars (g)	0.24	0.49	2.55
Protein (g)	0.82	1.65	8.61
Water (g)	0.88	1.77	8.25
Vitamin A - IU (IU)	7.16	14.32	74.97
Vitamin C (mg)	1.90	3.79	19.85
Sodium (mg)	94.77	189.55	992.00
Calcium (mg)	4.20	8.41	44.00
Iron (mg)	0.19	0.38	1.98

**Ingredients:** Idaho® potatoes, butter and sea salt.

**Contains:** MILK

I certify the above information is true and correct in that a 0.337 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.674 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