



Idahoan Roasted Garlic Mashed Potato Cup – 10029700331475 – 10/1.5 oz. Cups

Purchase Units: 1.5 oz. cup (10 cups 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 – Potatoes, dehydrated Flake Low moisture

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 ¹ (quarter cups)	
Potatoes, dehydrated Flake Low moisture	Starchy	0.414	X	3.1563	1.307	
Potatoes, dehydrated Flake Low moisture	Starchy	0.828	X	3.1563	2.614	
Total Creditable Vegetable Amount:					1- ¼ cup 2- ¼ cups	
<ul style="list-style-type: none"> ¹FBG calculations for vegetables are in quarter cups. See chart on following page for quarter cup to cup conversions. Vegetables and vegetable purees credit on volume served. At least ¼ cup of recognizable vegetable is required to contribute towards the vegetable component or a specific vegetable subgroup. The other vegetable subgroup may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups. School food authorities may offer any vegetable subgroup to meet the total weekly requirement for the additional vegetable subgroup. Please note that raw leafy green vegetables credit as half the volume served in school meals (For example: 1 cup raw spinach credits as ½ cup dark green vegetable. Legumes may credit towards the vegetable component or the meat alternate component, but not as both in the same meal. The school menu planner will decide how to incorporate legumes into the school meal. However, a manufacturer should provide documentation to show how legumes contribute towards the vegetable component and the meat alternate component. See chart on the following page for conversion factors The PFS for meat/meat alternate may be used to document how legumes contribute towards the meat alternate component. 					Total Cups Beans/Peas (Legumes)	
					Total Cups Dark Green	
					Total Cups Red/Orange	
					Total Cups Starchy	One – ½ cup at 0.828 oz. Two – ¼ cups at 0.414 oz.
					Total Cups Other	

Serving Size	Ounces	Servings per Cup	Servings per Case	Purchase Units per 100 servings
¼ cup	0.414	3.6	36.2	27.8 Cups
½ cup	0.828	1.8	18.1	55.6 Bags



Nutrition Information	¼ cup	½ cup	Per Cup	Per 100g
Weight	0.414 oz.	0.828 oz.	1.5 oz.	100g
Calories (kcal)	45.51	91.02	164.78	387.73
Calories from Fat	10.06	20.12	36.42	85.70
Fat (g)	1.12	2.24	4.05	9.52
Saturated Fat (g)	0.67	1.34	2.44	5.73
Trans Fatty Acid (g)	0.04	0.08	0.14	0.32
Cholesterol (mg)	0.17	0.34	0.63	1.47
Carbohydrates (g)	8.06	16.12	29.19	68.68
Dietary Fiber (g)	0.54	1.08	1.96	4.62
Total Sugars (g)	0.68	1.36	2.46	5.78
Protein (g)	0.98	1.96	3.56	8.37
Water (g)	0.68	1.36	2.45	5.76
Vitamin A (IU)	2.68	5.36	9.69	22.81
Vitamin C (mg)	1.32	2.64	4.76	11.21
Sodium (mg)	245.55	491.10	889.17	2092.17
Calcium (mg)	12.20	24.40	44.17	103.92
Iron (mg)	0.17	0.34	0.60	1.42

Ingredients: Idaho® potatoes, vegetable oil (coconut, sunflower), salt, maltodextrin, whey, sugar, buttermilk powder, nonfat dry milk, natural flavors, monoglycerides, calcium stearoyl lactylate, hydrolyzed soy protein, dried garlic, parsley. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols.

Contains: MILK, SOYBEAN

Preparation:

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 ½ minutes (1100W). Cup and contents will be hot.
4. Stir well and let stand for one minute.

I certify the above information is true and correct and that a 0.414 ounce serving of the above product contains ¼ cup of starchy vegetables and a 0.828 ounce serving of the above product contains ½ cup of starchy vegetables.

January 7, 2021
Date

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