

BASIC AMERICAN FOODS

TM

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Child Nutrition Meal Pattern Contribution
Basic American Foods SKU 81837
Potato Pearls® Extra Rich Mashed Potatoes 6/3.55# ctns

**Nutrition Information**

Potato Pearls® Extra Rich Mashed Potatoes

<i>USDA Vegetable Contribution Equivalent</i>	<i>¼ cup</i>	<i>½ cup</i>
	(9.76) g	(19.52) g
Calories	36.85	73.69
Protein	0.73 g	1.45 g
Carbohydrate	7.68 g	15.35 g
Dietary Fiber	0.61 g	1.22 g
Sugars	0.37 g	0.74 g
Total Fat	0.36 g	0.72 g
Trans Fat	0.14 g	0.27 g
Saturated Fat	0.10 g	0.19 g
Cholesterol	0.01 mg	0.01 mg
Iron	0.10 mg	0.19 mg
Calcium	3.66 mg	7.32 mg
Sodium	8.48 mg	16.96 mg
Potassium	62.65 mg	125.30 mg
Vitamin A	0.95 IU	1.90 IU
Vitamin C	3.19 mg	6.38 mg

SERVING SIZE WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
1.88 oz	¼ cup	164	984
3.79 oz	½ cup	82	492

Ingredients: POTATO (DRY), MALTODEXTRIN, SHORTENING POWDER (PARTIALLY HYDROGENATED SOYBEAN OIL, LACTOSE, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE), PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED), VEGETABLE MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK AND SULFITE.

Package Weight: 3.55 pounds

Recipe Weight as Prepared: 19.5 pounds

Dry Potato Content: 3.55 pounds x 0.92 (% of Package Weight of which is dry potato) = 3.26 pounds

Food Buying Guide Yield:

1 pound = 50.5 quarter cup Vegetable Servings

Servings Per Package/Recipe As Prepared:

3.26 pounds of Dry Potato per package X 50.5 per pound yield = 164.63 quarter cups.

164 quarter cup Vegetable Servings; or

82 half cup Vegetable Servings

19.5 pounds of Dry Potato as prepared divided by:

164 quarter cup servings = 0.118 pounds (1.88 oz.) per quarter cup Vegetable serving; or

82 half cup servings = 0.237 pounds (3.79 oz.) per half cup Vegetable serving

I certify that the above information is true and correct when prepared according to directions.

KR Zaugg

Keith Zaugg, Director QRO

10/23/13
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