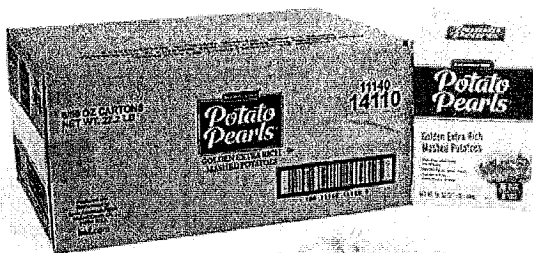


**BASIC AMERICAN FOODS**

TM

2185 N. California Blvd., Ste. 215, Walnut Creek, CA 94596 • 925.472.4100 • 800.227.4050 • baf.com

**Child Nutrition Meal Pattern Contribution****Basic American Foods SKU 14110****Potato Pearls® Golden Extra Rich Mashed Potatoes 6/3.7# ctns****Nutrition Information**

Golden Extra Rich Mashed Potatoes

<i>USDA Vegetable Contribution Equivalent</i>	<i>¼ cup (10.24) g</i>	<i>½ cup (20.47) g</i>
Calories	36.96	73.92
Protein	0.73 g	1.46 g
Carbohydrate	7.70 g	15.39 g
Dietary Fiber	0.62 g	1.23 g
Sugars	0.38 g	0.75 g
Total Fat	0.37 g	0.73 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	0.20 mg
Calcium	3.78 mg	7.56 mg
Sodium	167.22 mg	334.43 mg
Potassium	63.10 mg	126.20 mg
Vitamin A	0.96 IU	1.91 IU
Vitamin C	3.21 mg	6.42 mg

<b>SERVING SIZE WEIGHT</b>	<b>MEAL PATTERN CONTRIBUTION EQUIVALENT</b>	<b>EQUIVALENT SERVINGS PER BAG</b>	<b>EQUIVALENT SERVINGS PER CASE</b>
1.92 oz	¼ cup	164	984
3.84 oz	½ cup	82	492

**Ingredients:** POTATO (DRY), SALT, MALTODEXTRIN, SHORTENING POWDER [PARTIALLY HYDROGENATED SOYBEAN OIL, LACTOSE, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE], CONTAINS 2% OR LESS OF: PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED), MONO AND DIGLYCERIDE, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK AND SULFITE INGREDIENTS.

**Package Weight:** 3.7 pounds

**Recipe Weight as Prepared:** 19.7 pounds

**Dry Potato Content:** 3.7 pounds x 0.88 (% of Package Weight of which is dry potato) = 3.25 pounds

**Food Buying Guide Yield:**

1 pound = 50.5 quarter cup Vegetable Servings

**Servings Per Package/Recipe As Prepared:**

3.25 pounds of Dry Potato per package X 50.5 per pound yield = 164.12 quarter cups.

164 quarter cup Vegetable Servings; or

82 half cup Vegetable Servings

19.7 pounds of Dry Potato as prepared divided by:

164 quarter cup servings = 0.12 pounds (1.92 oz.) per quarter cup Vegetable serving; or

82 half cup servings = 0.24 pounds (3.84 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

9/25/13  
203832/01