

BASIC AMERICAN FOODS

TM

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Child Nutrition Meal Pattern Contribution
Basic American Foods SKU 76468
Potato Pearls EXCEL® Original Mashed Potatoes 12/28 oz pchs

**Nutrition Information**

EXCEL® Original Mashed Potatoes

USDA Vegetable Contribution Equivalent	¼ cup	½ cup
	(10.11) g	(20.22) g
Calories	37.53	75.06
Protein	0.73 g	1.45 g
Carbohydrate	7.45 g	14.89 g
Dietary Fiber	0.63 g	1.25 g
Sugars	0.32 g	0.64 g
Total Fat	0.54 g	1.08 g
Trans Fat	0.01 g	0.01 g
Saturated Fat	0.07 g	0.14 g
Cholesterol	0.00 mg	0.00 mg
Iron	0.10 mg	0.19 mg
Calcium	3.63 mg	7.25 mg
Sodium	175.38 mg	350.76 mg
Potassium	61.93 mg	123.86 mg
Vitamin A	0.97 IU	1.94 IU
Vitamin C	3.26 mg	6.51 mg

SERVING SIZE WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
2.04 oz	¼ cup	81	972
4.16 oz	½ cup	40	480

Ingredients: POTATO (DRY), CANOLA OIL (PRESERVED WITH CITRIC ACID AND BHT), SALT, CONTAINS 2% OR LESS OF: ARTIFICIAL COLOR, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK AND SULFITE.

Package Weight: 1.75 pounds

Recipe Weight as Prepared: 10.4 pounds

Dry Potato Content: 1.75 pounds x 0.93 (% of Package Weight of which is dry potato) = 1.62 pounds

Food Buying Guide Yield:

1 pound = 50.5 quarter cup Vegetable Servings

Servings Per Package/Recipe As Prepared:

1.62 pounds of Dry Potato per package X 50.5 per pound yield = 81.81 quarter cups.

81 quarter cup Vegetable Servings; or

40 half cup Vegetable Servings

10.4 pounds of Dry Potato as prepared divided by:

81 quarter cup servings = 0.128 pounds (2.04 oz.) per quarter cup Vegetable serving; or

40 half cup servings = 0.26 pounds (4.16 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
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