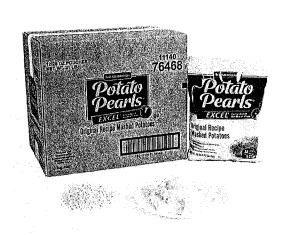


2185 N. California Blvd., Ste. 215, Walnut Creek, CA 94596 · 925.472.4100 · 800.227.4050 · baf.com

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



Nutrition Information EXCEL® Original Mashed Potatoes				
USDA Vegetable	1/4 cup	1⁄₂ cup		
Contribution Equivalent	(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		
<i>Trans</i> 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	1/4 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.

Keith Zaugg, Director QRO

9/25/13 201135/03