



2970000313 - Idahoan Real Mashed Pouch--12 ct/26 oz.

Idahoan® REAL Premium Mashed Potatoes are processed from sound, well peeled and trimmed 100% Idaho® Potatoes. The product complies with the provisions of the Federal Food, Drug and Cosmetic Act and Amendments.

Brand: Idahoan®



Nutrition Facts

Serving Size 2/3 Cup (22g)
Servings Per Container: 32

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 310 mg	7%
Total Carbohydrate 17 g	6%
Dietary Fiber 1 g	6%
Sugars 0 g	
Protein 2 g	

Vitamin A 0 IU	•	Vitamin C 6%
Calcium 22 mg	•	Iron 0%
Vitamin D 0 mcg	•	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Idaho® Potatoes, Salt, Vegetable Oil (Contains One Or More of the Following: Canola, Soybean, Cottonseed, Sunflower), Nonfat Dry Milk, Monoglycerides, Calcium Stearoyl Lactylate, Spice, Artificial Color, Natural And Artificial Flavors, Sodium Acid Pyrophosphate (Preserve Freshness), Sodium Bisulfite (Preserve Freshness), Citric Acid (Preserve Freshness) And Mixed Tocopherols Added To Protect Freshness.

Case Specifications

GTIN	10029700003132	Case Gross Weight	21.40 LB
UPC	029700003135	Case Net Weight	19.50 LB
Pack Size	12 / 26OZ	Case L,W,H	15.50 IN, 10.70 IN, 10.86 IN
Shelf Life	365 Days	Cube	0.95 CF
Tie x High	10 x 4		

Preparation and Cooking

1. Add 1 gallon of boiling water to a 6" deep ½ size steam table pan. 2. Add entire package of potatoes all at once and stir to wet all potatoes. Let stand one minute. 3. Mix with wire whip and serve.

Serving Suggestions

Serve prepared product on steam tabel at 170 dregrees and let stand 5-10 minutes until lumps are soft and tender.

Packaging and Storage

Store away from direct heat, in a cool, dry location, away from strong contaminating odors. Storage conditions should not xceed 80 dgress F and 60% R.H.

Allergens

CONTAINS:

Milk or Milk Derivatives, Soybeans or Soybean Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional Claims: Gluten Free, Kosher, Halal