



Idahoan Foods LLC

1057870928 - Idahoan Real Mashed 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.



Nutrition Facts

Servings per Container 480
Serving size 2/3cup (22g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes Added Sugar	%
Protein 2g	
Vitamin D 0mg	0%
Calcium 22mg	2%
Iron	2%
Potassium	%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

Idaho potatoes, salt, sunflower oil, nonfat dry milk, monoglycerides, calcium stearoyl lactylate, spice, artificial color, natural and artificial flavors. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid and mixed tocopherols.

Allergens

Contains:

milk

Free From:

- crustaceans
- shellfish
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

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

Serving Suggestions

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

Prep & Cooking Suggestions

1. Add 1 gallon of boiling water to a 6 deep 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.

Product Specifications

Brand	Manufacturer	Product Category
Idahoan	Idahoan Foods, LLC	Potatoes, Dehydrated

MFG #	SPC #	GTIN	Pack	Pack Desc.
2970000313	1057870928	10029700003132		12/26 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21.4lb	19.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.5in	10.7in	10.86in	0.95ft3	10x4	365DAYS	32°F / 80°F



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Nutrition Analysis - By Serving

Calories	80	Total Fat	1g	Sodium	310mg
Protein	2	Trans Fats	0g	Calcium	22mg
Total Carbohydrates...	17g	Saturated Fat	0g	Iron	
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	3mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

