



2970000381 - Idahoan Real Mashed Bag - 39 lb.

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 (140g)
Servings Per Container 768

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0.5 g	
Cholesterol 0 mg	0%
Sodium 310 mg	7%
Total Carbohydrate 17 g	6%
Dietary Fiber 1 g	6%
Sugars 1 g	
Protein 2 g	

Vitamin A 0 %	•	Vitamin C 3 mg
Calcium 22 %	•	Iron 2%
Vitamin D 0 %	•	

*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 Carbohydrate		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	10029700003811	Case Gross Weight	39.50 LB
UPC		Case Net Weight	39 LB
Pack Size	1 / 39LB	Case L,W,H	5 IN, 15.50 IN, 29 IN
Shelf Life	365 Days	Cube	1.30 CF
Tie x High	5 x 6		

Preparation and Cooking

1. Measure boiling water into a serving container according to the chart below. 2. Add Idahoan® REAL according to the chart below, wet all the potatoes and let stand for one minute. 3. Stir well and serve.

Serving Suggestions

One minute, one step preparation. Prepare with hot or cold water

Packaging and Storage

The shelf life is approximately 12 months from date of packaging code (imprinted on the package), when shipped and stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Shipping and storage conditions should not exceed 80°F and 60% R.H.

Allergens

FREE FROM:

Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Shellfish or Shellfish Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives, Crustaceans or Crustacean Derivatives

MAY CONTAIN:

Milk or Milk Derivatives, Soybeans or Soybean Derivatives

Nutritional Claims: Gluten Free, Kosher, Halal