



Mashed Potatoes (835)

09/20/2021

### Nutrition Facts

44 servings per container  
Serving size 1/2 (140g)

Amount per serving  
**Calories 140**

% Daily Value\*

Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 3g	
Vitamin D 0mcg	2%
Calcium 141mg	10%
Iron 0mg	0%
Potassium 390mg	8%

\*The % Daily Value 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.

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

INGREDIENTS: POTATO (Potatoes, Sodium Acid Pyrophosphate[SAPP] may be used as a processing aid to retain natural color), 1% LOWFAT MILK (Lowfat Milk, Vitamin A Palmitate, Vitamin D3), WATER, POTATO GRANULES (Potatoes, Mono-and Diglycerides [vegetable emulsifier], Ascorbic Acid, Calcium Stearoyl-2-Lactylate, Sodium Acid Pyrophosphate, Sodium Bisulfite and Citric Acid), UNSALTED BUTTER (Pasteurized Cream, Natural Flavorings), SALT (Salt, Yellow Prussiate of Soda), WHITE PEPPER

ALLERGEN: Contains Milk. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

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