



Mashed Potatoes (835)
06/06/2018

Nutrition Facts	
Serving Size 1/2 (140g)	
Servings Per Container 44	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 190mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 30%
Calcium 15%	• Iron 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
Saturated 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: POTATO (Potatoes, Sodium Acid Pyrophosphate(SAPP) may be used as a processing aid to retain natural color), 1% LOWFAT MILK (Lowfat Milk [1% milkfat], Vitamin A Palmitate, Vitamin D3), WATER, CULINARY CREAM (Water, Butter [sweet cream, salt], Lactose, Sodium Caseinate [from milk], Whey Protein Concentrate, Xanthan Gum, Guar Gum, Potassium Sorbate [preservative], Citric Acid [preservative]), POTATO GRANULES (Potatoes, Mono-And Diglycerides [vegetable emulsifier], Ascorbic Acid, Calcium Stearoyl-2-Lactylate, Sodium Acid Pyrophosphate, Sodium Bisulfite and Citric Acid), SALT (Salt, Dextrose, Potassium Iodide, Yellow Prussiate of Soda), WHITE PEPPER
ALLERGEN: Contains Milk.
 Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Tree Nuts, Fish and Crustacean Shellfish

Order Number: C710835