15420-Idahoan Complete Real Mashed Potato Flakes

Nutrition Facts

Serving Size ¼ cup dry (23g)
Servings Per Container 96 - ⅔ cup (140g/4.94 oz.) prepared

Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 240mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 6%	
Calcium 0%	•	Iron 2%	

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Idaho® potatoes, partially hydrogenated oil (contains one or more of the following: soybean, cottonseed, sunflower), monoglycerides, calcium stearoyl lactylate, spice, artificial color, sodium acid pyrophosphate, sodium bisulfite, artificial flavor, citric acid, mixed tocopherols added to protect freshness.
Contains: Soy.

Ingredientes: papas Idaho®, aceite parcialmente hidrogenado (contiene uno o más de los siguientes: soya, semilla de algodón, girasol), monoglicéridos, estearoil lactilato de calcio, especia, colorante artificial, pirofosfato ácido de sodio, bisulfito de sodio, saborizante artificial, ácido cítrico, tocoferoles mezclados (para mantener la frescura).
Contiene: Soya.

Preparation Directions

1. **Measure** hot or boiling water into steam table pan according to the servings chart below.
2. **Add** potatoes all at once, using spoon or wire whip to distribute evenly and wet all potatoes. Let **stand** one minute, then **fluff** with utensil.

3. **Place** on steam table and **serve.**

If desired add 2¼ teaspoons salt per ½ gallon of water (adds approximately 340mg of sodium per serving).

1. **Mida** agua caliente o hirviendo en un recipiente de vaporera de mesa según la tabla de raciones abajo.
2. **Incorpore** las papas usando una cuchara o batidor de alambre para distribuirlas uniformemente y mojar todas las papas. Deje **reposar** por un minuto y **revuelva** nuevamente con un utensilio.
3. **Ponga** el recipiente en una vaporera de mesa y **sirva.**

Yield Chart

Servings	Hot or Boiling Water	Potatoes	Steam Table Pan Size
26 #10 Scoop	½ Gallon (1.89 L)	1 quart	4" Half Pan
52 #10 Scoop	1 Gallon (3.78 L)	2 quarts	6" Half Pan
78 #10 Scoop	1½ Gallons (5.68 L)	3 quarts	4" Full Pan
104 #10 Scoop	2 Gallons (7.57 L)	1 gallon	4" Full Pan
156 #10 Scoop	3 Gallons (11.36 L)	full carton	6" Full Pan

Idahoan Naturally™ Mashed Potatoes refresh at a 2 to 1 ratio (ie: 2 parts water/1 part Idahoan® Mashed Potatoes).