



Idahoan Foods, LLC
357 Constitution Way
Idaho Falls, ID 83402

TEL | 208.542.3700
FAX | 208.542.3797
www.idahoanfoods.com

Idahoan REAL Mashed Potatoes w/Vitamin C – 10029700223134 – 19.5 lbs.

Purchase Units: 26.0 oz. bag (12 bags per case) Vegetable

Portioning Information - USDA School Lunch Meal Planning

The following information is provided for food, as purchased (dry) using the USDA Food Buying Guide for Child Nutrition November 2001.

Description of Creditable Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Purchase Unit	Creditable Amount (quarter cups)
Potatoes, dehydrated Flake Low moisture	Starchy	0.3168	X	3.1563	1.00
Potatoes, dehydrated Flake Low moisture	Starchy	0.6337	X	3.1563	2.00

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Bag	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.343	2.1	75.80	909.62
½ cup Vegetable/Starchy	0.686	4.2	37.90	454.81

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.343oz.	0.686oz.	100g
Calories (kcal)	34.61	69.21	355.89
Calories from Fat	3.24	6.48	33.30
Fat (g)	0.36	0.72	3.70
Saturated Fat (g)	0.09	0.19	0.97
Trans Fatty Acid (g)	0.00	0.00	0.01
Cholesterol (mg)	0.00	0.00	0.00
Carbohydrates (g)	7.37	14.75	75.82
Dietary Fiber (g)	0.60	1.20	6.15
Total Sugars (g)	0.35	0.71	3.63
Protein (g)	0.78	1.57	8.07
Water (g)	0.82	1.64	8.54
Vitamin A - IU (IU)	3.10	6.20	31.90
Vitamin C (mg)	12.64	25.28	130.00
Sodium (mg)	131.06	262.12	1347.83
Calcium (mg)	7.13	14.26	73.34
Iron (mg)	0.12	0.23	1.20

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

Contains: MILK

I certify the above information is true and correct in that a 0.343 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.686 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

November 19, 2019 _____
Date

Ryan Carter _____
Research & Development