



Idahoan Foods, LLC
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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
Total Creditable Vegetable Amount:					1- ¼ cup 2- ¼ cups

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.

September 13, 2018 _____
Date

Ryan Carter _____
Research & Development



Item #: M0155

Lamb's Supreme® Butter Mashed Skin-On Simple Recipe

Brand: Lamb's Supreme®

Cut Size: Mashed

Package Size: 6/4#

Lamb's Supreme® products deliver premium quality and consistency. Potatoes are whipped to a creamy smooth consistency and made with just three ingredients - potatoes, butter and sea salt.

Ingredients

Ingredients: Potatoes, Butter (Pasteurized Cream, Salt), Sea Salt. CONTAINS: MILK

Grade: A

Kosher: Yes

Halal: Yes

NUTRITION

Serving size: 2/3 cup (140g)

Servings per container: About 78

Calories [per serving]: 130

* The % Daily Value (DV) 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.

Amount per Serving		% Daily Value*
Total Fat	5.0g	6%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	5.0mg	2%
Sodium	420.0mg	18%
Total Carbohydrate	18.0g	
Dietary Fiber	9.0g	32%
Total Sugars	less than 1g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.0mcg	0%
Calcium	20.0mg	0%
Iron	0.56mg	2%
Potassium	250.0mg	4%

COOKING METHODS

Method	Time	Temperature	Additional Instructions
Boil in Bag	20-26 min		Place bag (unopened) in boiling water.