Idahoan Foods, LLC
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Idahoan® CREAMY Classic Mashed Potatoes - 10029700003811 – 39 lbs.

Purchase Units: 39 lbs. bag Starchy 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	0.341	2.1	1829.91	N/A
½ cup Vegetable/Starchy	0.681	4.2	916.3	N/A

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.341oz.	0.681oz.	100g
Calories (kcal)	34.32	68.53	354.98
Calories from Fat	3.03	6.04	31.30
Fat (g)	0.34	0.67	3.48
Saturated Fat (g)	0.09	0.19	0.97
Trans Fatty Acid (g)	0.00	0.00	0.01
Cholesterol (mg)	0.01	0.03	0.14
Carbohydrates (g)	7.31	14.60	75.62
Dietary Fiber (g)	0.59	1.18	6.11
Total Sugars (g)	0.35	0.70	3.62
Protein (g)	0.78	1.55	8.05
Water (g)	0.82	1.64	8.54
Vitamin A - IU (IU)	3.08	6.15	31.88
Vitamin C (mg)	1.32	2.64	13.65
Sodium (mg)	130.36	260.34	1348.50
Calcium (mg)	5.26	10.50	54.39
Iron (mg)	0.11	0.22	1.13

Ingredients: Idaho® potatoes, salt, sunflower oil, nonfat dry milk, monoglycerides, calcium stearoyl lactylate, 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 0.341 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.681 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

December 16, 2021
Date

Ryan Carter
Research & Development