



Idahoan Foods, LLC
900 Pier View Drive, Suite 100
Idaho Falls, ID 83402

TEL | 208.542.3700
www.idahoanfoods.com

Idahoan® Honest Earth® Hash Brown Shredded Potatoes with a Hint of Sea Salt & Pepper - 2970000718 – 10.0 lbs.

Purchase Units: 1.25 pound carton (8 per case) 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 hashed browns	Starchy	0.6639	X	1.5063	1.00
Potatoes, dehydrated hashed browns	Starchy	1.3278	X	1.5063	2.00

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Carton	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.6639	2.0	51.21	307
½ cup Vegetable/Starchy	1.3278	4.0	25.60	154

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.6639oz.	1.3278oz.	100g
Calories (kcal)	68.25	136.50	362.62
Calories from Fat	0.99	1.98	5.27
Fat (g)	0.11	0.59	0.59
Saturated Fat (g)	0.05	0.11	0.28
Trans Fatty Acid (g)	0.00	0.00	0.00
Cholesterol (mg)	0.00	0.00	0.00
Carbohydrates (g)	15.44	30.88	82.05
Dietary Fiber (g)	1.63	3.27	8.68
Total Sugars (g)	0.07	0.15	0.39
Protein (g)	1.40	2.80	7.43
Water (g)	1.05	2.09	5.56
Vitamin A (IU)	0.04	0.08	0.22
Vitamin C (mg)	1.01	2.02	5.37
Sodium (mg)	152.92	305.84	812.47
Calcium (mg)	11.53	23.06	61.26
Iron (mg)	0.27	0.54	1.42

Ingredients: Idaho® potatoes, sea salt, acacia, natural flavor, black pepper.

Contains: None

I certify the above information is true and correct in that a 0.6639 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 1.3278 dry ounce serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

November 17, 2022

Date

Ryan Carter

Research & Development