



Mashed Potato Mix

Net Weight: 1.27 ounces (36g)

Ingredients:

Maltodextrin, salt, garlic, parsley, spices, dextrose, soybean oil, hydrolyzed soy protein, partially hydrogenated soybean and cottonseed oil, less than 2% of autolyzed yeast extract, natural flavor, disodium inosinate, and disodium guanylate.

Nutrition Facts

Serving Size 1 1/2 tsp (3.5g) Mix or 1/2 Cup As Prepared
Servings Per Container About 11

Amount Per Serving	Mix	As Prepared With 2% Milk
Calories	10	150
Calories from Fat	0	40
% Daily Value**		
Total Fat 0g*	0%	7%
Saturated Fat 0g	0%	15%
Trans Fat 0g		
Cholesterol 0mg	0%	3%
Sodium 470mg	20%	20%
Total Carbohydrate 2g	1%	9%
Dietary Fiber 0g	0%	8%
Sugars 0g		
Protein 0g		
Vitamin A	0%	4%
Vitamin C	0%	15%
Calcium	0%	2%
Iron	0%	2%

*Amount in Mix. As Prepared with 2% Milk contributes an additional 140 Calories (40 Calories from Fat), 4.5g Total Fat (3g Saturated Fat), 10mg Cholesterol, 20mg Sodium, 24g Total Carbohydrate (2g Dietary Fiber, 2g Sugars), 3g Protein.

**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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.