

## Mashed Potatoes

### Nutrition Facts

Serving Size: 1/2 Cup

### **ALLERGENS**

Milk

Amount Per Serving

Calories: 110

Calories from Fat: 27

<b>Total Fat:</b>	<b>3.0g</b>
Saturated Fat:	1.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>190mg</b>
<b>Total Carbohydrate:</b>	<b>18.0g</b>
Dietary Fiber:	2.0g
Sugars:	.0g
<b>Protein:</b>	<b>2.0g</b>

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 20.0mg

Iron: .7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Potato, McCain Mashed Potatoes, Red. S (mfg label): POTATOES, WATER. CONTAINS 2% OR LESS OF CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, LOCUST BEAN GUM), CREAMER (WHEY, MILK PROTEIN CONCENTRATE), MODIFIED CELLULOSE, SALT, SODIUM ACID PYROPHOSPHATE ADDED TO MAINTAIN NATURAL COLOR, SPICES, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WHOLE MILK POWDER (PASTEURIZED SKIM MILK, CREAM). CONTAINS: MILK [903605]