

Mashed Potatoes w/ Roasted Beef Gravy

Nutrition Facts

Serving Size: Serving

ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 165

Calories from Fat: 9

Total Fat:	1.0g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	1,493mg
Total Carbohydrate:	28.2g
Dietary Fiber:	1.0g
Sugars:	.0g
Protein:	2.0g

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 10.0mg

Iron: .3mg

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

Gravy, Roasted Beef (mfg label): ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, SALT, PALM OIL, COLOR ADDED, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), SUGAR, MALTODEXTRIN, ONION, CORN SYRUP SOLIDS, Contains less than 2%: NATURAL FLAVORS, GARLIC, SODIUM CASEINATE, AUTOLYZED YEAST EXTRACT, MONO & DIGLYCERIDES, DISODIUM INOSINATE, DISODIUM GUANYLATE, LACTIC ACID, SUCCINIC ACID, SOY SAUCE (SOYBEANS, WHEAT, SALT), GUM ACACIA, GUM ARABIC, WHEY PROTEIN CONCENTRATE, GLUTAMIC ACID, CALCIUM LACTATE CONTAINS ALLERGENS: WHEAT, MILK, SOY CONTAINS: :Milk, Soy, Wheat [903737]

Potato, Mashed Pearls Basic American 10 (mfg label): POTATOES, CANOLA OIL, CONTAINS 2% OR LESS OF: SALT, POTASSIUM CHLORIDE, MONO AND DIGLYCERIDES, ARTIFICIAL COLORS, NATURAL AND ARTIFICIAL FLAVORS (MILK), FRESHNESS PRESERVED WITH: SODIUM BISULFITE, SODIUM ACID PYROPHOSPHATE, CITRIC ACID, BHT. CONTAINS: MILK [900197]