

# Mashed Potatoes

## Nutrition Facts

Serving Size: 1/2 cup

## **ALLERGENS**

Milk

Amount Per Serving

Calories: 70

Calories from Fat: 9

**Total Fat: 1.0g**

Saturated Fat: .0g

Trans Fat: 0.00

**Cholesterol: 0mg**

**Sodium: 174mg**

**Total Carbohydrate: 14.1g**

Dietary Fiber: 1.0g

Sugars: .0g

**Protein: 2.0g**

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 12.1mg

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

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]  
WATER, BOILING (mfg label): WATER, 212 DEGREES F OR ABOVE TO REACH BOILING POINT [000001]