

Mashed Potatoes w/ Gravy

Nutrition Facts

Serving Size: 1/2 Cup

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 130

Calories from Fat: 32

| | |
|----------------------------|--------------|
| Total Fat: | 3.5g |
| Saturated Fat: | 1.0g |
| Trans Fat: | 0.00 |
| Cholesterol: | 0mg |
| Sodium: | 256mg |
| Total Carbohydrate: | 21.0g |
| Dietary Fiber: | 2.0g |
| Sugars: | .0g |
| Protein: | 2.0g |

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 20.6mg

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

Gravy, Mix Poultry TRIO (mfg label): MALTODEXTRIN, CORNSTARCH, WHEY, CHICKEN POWDER, MODIFIED CORNSTARCH, HYDROLYZED SOY, CORN AND WHEAT PROTEINS, CHICKEN FAT, SOYBEAN OIL, 2% OR LESS OF NONFAT MILK, PALM OIL, ONION POWDER, XANTHAN GUM, COLOR ADDED, YEAST EXTRACT, DISODIUM INOSINATE/DISODIUM GUANYLATE, SODIUM CASEINATE, NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, LACTIC ACID, SUGAR, SPICES, TURMERIC, THIAMINE HYDROCHLORIDE, DEHYDRATED BUTTER, ENZYME MODIFIED BUTTER OIL, SALT, CITRIC ACID, GUAR GUM. CONTAINS: MILK, SOY, WHEAT INGREDIENTS. [903575]

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]

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