

Mashed Potatoes

Nutrition Facts

Serving Size: 1/2 Cup

ALLERGENS

Milk

Amount Per Serving

Calories: 119

Calories from Fat: 36

Total Fat:	4.0g
Saturated Fat:	1.0g
Trans Fat:	0.50
Cholesterol:	2mg
Sodium:	356mg
Total Carbohydrate:	18.8g
Dietary Fiber:	2.0g
Protein:	2.0g

Vitamin A: 198RE

Vitamin C: 1.2mg

Calcium: 19.8mg

Iron: .4mg

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 Homestyle OH commodity (mfg label): POTATOES, MARGARINE (PARTIALLY HYDROGENATED AND FULLY REFINED SOYBEAN OIL, WATER, SALT, LECITHIN, MONO AND DIGLYCERIDES, WHEY, SODIUM BENZOATE AS A PRESERVATIVE, ARTIFICIAL FLAVOR, BETACAROTENE [COLOR], ADDED VITAMIN A PALMITATE) [MILK], WHOLE MILK POWDER (PASTEURIZED SKIM MILK, CREAM) [MILK], SALT, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM) [MILK], CREAMER (WHEY, WHEY PROTEIN CONCENTRATE) [MILK], SPICE, SODIUM ACID PYROPHOSPHATE ADDED TO PRESERVE NATURAL COLOR. CONTAINS: MILK [900219]

