

Mashed Potatoes w/ Chicken Gravy

Nutrition Facts

Serving Size: 1/2 Cup

ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 123

Calories from Fat: 41

Total Fat: 4.6g

Saturated Fat: .9g

Trans Fat: 0.45

Cholesterol: 2mg

Sodium: 616mg

Total Carbohydrate: 20.1g

Dietary Fiber: 1.8g

Protein: 1.8g

Vitamin A: 180RE

Vitamin C: 1.1mg

Calcium: 19.3mg

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, Mix Chicken Sysco Dry (mfg label): FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, SALT, CORN SYRUP SOLIDS, WHEY, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), CHICKEN FAT AND CHICKEN MEAT (PRESERVED WITH BHA, PROPYL GALLATE AND CITRIC ACID), YEAST EXTRACT, ONION, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, NONFAT MILK, SODIUM CASEINATE (A MILK DERIVATIVE), MONO & DIGLYCERIDES, SPICE, SOY FLOUR, DEXTROSE, DIPOTASSIUM PHOSPHATE, SODIUM CITRATE, DISODIUM GUANYLATE, COLOR ADDED, DISODIUM INOSINATE, CARRAGEENAN, GARLIC, MALTODEXTRIN, GUM ARABIC, NATURAL FLAVOR, ARTIFICIAL FLAVOR, WINE SOLIDS. CONTAINS: MILK, SOY AND WHEAT [900257]

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, BETA-CAROTENE [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]

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

WATER, MUNICIPAL-USE (mfg label): WATER [903215]