

Mashed Potatoes w/ Turkey Gravy

Nutrition Facts

Serving Size: 1/2 Cup

ALLERGENS

Milk, Soy, Wheat

Amount Per Serving

Calories: 118

Calories from Fat: 37

Total Fat:	4.1g
Saturated Fat:	.9g
Trans Fat:	0.45
Cholesterol:	2mg
Sodium:	593mg
Total Carbohydrate:	20.0g
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 Turkey Sysco (mfg label): FOOD STARCH-MODIFIED, SALT, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, AUTOLYZED YEAST EXTRACT, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TURKEY (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), DEXTROSE, HYDROLYZED VEGETABLE PROTEIN (CORN, WHEAT), ONION, CORN SYRUP SOLIDS, SOY PROTEIN CONCENTRATE, NATURAL FLAVORS, CHICKEN FAT, SUGAR, WHEAT GLUTEN, COLOR ADDED, MALTODEXTRIN, GARLIC, NONFAT MILK, SPICE, SOY FLOUR, MONO AND DIGLYCERIDES, SODIUM CASEINATE (A MILK DERIVATIVE), DISODIUM GUANYLATE, DISODIUM INOSINATE, MOLASSES, WHEAT, WHEAT BRAN, TORULA YEAST, CHICKEN MEAT, TURKEY FAT, TRICALCIUM PHOSPHATE, SAGE EXTRACT. CONTAINS: MILK, SOY AND WHEAT [900206]

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]