



## 2970000203 - Idahoan® FLAKES Unseasoned Potatoes, 6/5 lb. bag

Simply delicious, these formerly Original Mashed Potato Flakes can be served as is or used to create your favorite dishes. With easy prep, you can serve up the famous flavor of Certified 100% Idaho® Potatoes in a convenient Fresh-Dried™ format.

Brand: Idahoan®



### Nutrition Facts

Serving Size 1/3 Cup (22g)  
Servings Per Container: 103

#### Amount Per Serving

**Calories** 80

**Calories from Fat** 10

#### % Daily Value\*

**Total Fat** 0g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Potassium** 250mg 6%

**Total Carbohydrate** 17g 6%

Dietary Fiber 1g 4%

Sugars 0g

**Protein** 2g

Vitamin A 0 IU • Vitamin C 24%

Calcium 10 mg • Iron 0.4 mg

Vitamin D 0mcg •

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Nutritional/Diet Claims:** Kosher Kosher

### Ingredients

Idaho® Potatoes With Emulsifier (Monoglycerides) And Preservative (Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, Mixed Tocopherols).

### Case Specifications

GTIN	10029700002036	Case Gross Weight	33.39 LB
UPC	029700002039	Case Net Weight	30 LB
Pack Size	6 / 5LB	Case L,W,H	18.50 IN, 16.50 IN, 10.70 IN
		Cube	1.89 CF
Tie x High	6 x 4		

### Preparation and Cooking

2 servings; 1 qt. pan size; 2/3 cup water; ¼ tsp. salt; 1 Tbsp. butter or margarine; ¼ cup milk; 2/3 cup potatoes. 4 servings; 1 ½ qts. pan size; 1 1/3 cups water; ½ tsp. salt; 2 Tbsp. butter or margarine; ½ cup milk; 1 1/3 cups potatoes. 8 servings; 2 qts. pan; 2 2/3 cups water; 1 tsp. salt; 4 Tbsp. butter or margarine; 1 cup milk; 2 2/3 cups potatoes. 16 servings; 4 qts. pan; 5 1/3 cups water; 2 tsp butter or margarine; . 8 Tbsp salt; 2 cups milk; 5 1/3 cups potatoes; 1. Combine water, salt and margarine or butter according to the chart above. For best results, do not add milk until step 3. 2. Heat to a boil, remove from heat. 3. Add cold milk; stir in potatoes gently. Do not whip. For large quantities a mixer can be used at lowest setting just until water is absorbed. Note: For a drier mashed potato, add more potato flakes or decrease boiling water. To substitute powdered dry milk for each 5 lbs. of potato flakes. Combine 14 Qts. Hot tap water, (170°F not boiling), 3 cups powdered dry milk, 1 lb. butter, 5 tbsp. salt and follow preparation directions.

### Serving Suggestions

Serve prepared product on steam table at 170 degrees and let stand 5-10 minutes until lumps are soft and tender.

### Product Features and Benefits

- Made with 100% Real Idaho Potatoes
- Naturally Gluten Free potatoes

### Packaging and Storage

Store away from direct heat, in a cool, dry location, away from strong contaminating odors. Storage conditions should not exceed 80 degrees F and 60% R.H.

### Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives



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### Product Images

