



2970000206 - Idahoan® FLAKES Unseasoned Potatoes, 40 lb. bag

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

Brand: Idahoan®



Nutrition Facts

Serving Size 1/3 cup (22g)
Servings Per Container: 840

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 0g 0%

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

Ingredients

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

Case Specifications

GTIN	10029700002067	Case Gross Weight	41.21 LB
UPC	029700002067	Case Net Weight	40 LB
Pack Size	1 / 40LB	Case L,W,H	41 IN, 17 IN, 5 IN
		Cube	2.02 CF
Tie x High	3 x 8		

Preparation and Cooking

1. Heat water, butter, and salt to a boil in saucepan. 2. Remove from Heat. Add cold milk. 3. Gently stir in potatoes. Let stand until moist. Whip lightly with a fork and serve. Note: Serve with additional butter and seasoning as desired. If softer mashed potatoes are desired, add a little more water or milk. For firmer potatoes, stir in more flakes. *Refer to chart on packaging for number of servings

Serving Suggestions

Serve prepared product on steam table at 170 degree's 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

The shelf life is approximately 12 months from date of packaging code (imprinted on the package), when shipped and stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Shipping and storage conditions should not exceed 80°F and 60% R.H.

Allergens

CONTAINS:

Sulphites or Sulphite Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Product Images



Nutritional/Diet Claims: Kosher Kosher