



## 2970000301 - Idahoan® FLAKES INSTAMASH® Mashed Potatoes Mix, 12/28 oz. pchs

Formerly INSTAMASH® Complete Mashed Potatoes, these potato flakes with simple seasoning are so easy prep. Serve as is, or as an ingredient, for the famous flavor of Certified 100% Idaho® Potatoes in a convenient Fresh-Dried™ format.

Brand: Idahoan®



### Nutrition Facts

Serving Size 1/3 cup (25g)  
Servings Per Container: 32

#### Amount Per Serving

**Calories** 90

**Calories from Fat** 15

#### % Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 350mg 15%

**Potassium** 280mg 6%

**Total Carbohydrate** 18g 7%

Dietary Fiber 1g 4%

Sugars 0g

**Protein** 2g

Vitamin A 0 IU • Vitamin C 6%

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:** Gluten Free, Kosher DAIRY

### Ingredients

Idaho® Potatoes, Sunflower Oil, Corn Syrup Solids, Salt, Mono And Diglycerides, Sodium Caseinate, Maltodextrin, Natural Flavor, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Artificial Color. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid And Mixed Tocopherols.

### Case Specifications

GTIN	10029700003019	Case Gross Weight	23.38 LB
UPC	029700003012	Case Net Weight	21 LB
Pack Size	12 / 28OZ	Case L,W,H	15.75 IN, 13.25 IN, 13.50 IN
		Cube	1.63 CF
Tie x High	9 x 3		

### Preparation and Cooking

1. Measure into half size (4? depth) steam table pan 1 gallon hot water (160-180°F.). 2. While pouring in entire pouch of potatoes, gently blend mix with spatula. DO NOT WHIP. 3. Place on steam table, heat to serving temperature and serve. For a creamier mashed potato add more hot water.

### Serving Suggestions

Measure into half size (4? depth) steam table pan 1 gallon hot water (160-180°F.). While pouring in entire pouch of potatoes, gently blend mix with spatula. DO NOT WHIP. Place on steam table, heat to serving temperature and serve. For a creamier mashed potato add more hot water

### 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:

Soybeans or Soybean Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Shellfish or Shellfish Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

MAY CONTAIN:

Milk or Milk Derivatives



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**Product Images**

