



2970000316 - Idahoan® SMARTMASH® Very Low Sodium Dairy-Free Mashed Potatoes, 6/4.69 lb. ctns

Made to deliver delicious taste, with only 20 mg of sodium. Formerly Naturally® Mashed Potatoes (Very Low Sodium), these are perfect for healthcare, K12, or wherever low sodium or dairy-free options are needed.

Brand: Idahoan®



Nutrition Facts

Serving Size 1/4 cup (22g)
Servings Per Container: 96

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Potassium 230mg 4%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g

Vitamin A 0 IU • Vitamin C 6%

Calcium 20 mg • Iron 0.3 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, Sunflower Oil, Monoglycerides, Calcium Stearoyl Lactylate, Spice, Artificial Color, Artificial Flavor. Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, And Mixed Tocopherols.

Case Specifications

GTIN	10029700003163	Case Gross Weight	30.53 LB
UPC	029700003166	Case Net Weight	28.13 LB
Pack Size	6 / 4.688LB	Case L,W,H	17.50 IN, 12 IN, 9.57 IN
		Cube	1.16 CF
Tie x High	8 x 4		

Preparation and Cooking

1. Measure boiling water into a serving container according to the chart on back the back of packaging. 2. Add Idahoan® Naturally™ according to the chart on the back of packaging, wet all the potatoes and let stand for one minute. 3. Stir well and serve.

Serving Suggestions

140 Grams Prepared

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

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, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Product Images



Nutritional/Diet Claims: Gluten Free, Kosher DAIRY