

McCain® Mash Makers® Reduced Sodium Seasoned Mashed Potatoes

SKU: 100002870

Pack Size: 6/4.00 LB



**Nutritional Information**

# Nutrition Facts

about 89 servings per container

**Serving Size** 4.34 oz (123g)

Amount Per Serving

**Calories** 120

		% DV*
<b>Total Fat</b>	3g	4%
<b>Saturated Fat</b>	1g	5%
<b>Trans Fat</b>	0g	
<b>Polyunsaturated Fat</b>	1.5g	
<b>Monounsaturated Fat</b>	0.5g	
<b>Cholesterol</b>	< 5mg	1%
<b>Sodium</b>	105mg	4%
<b>Total Carbohydrates</b>	23g	8%
<b>Dietary Fiber</b>	2g	7%
<b>Total Sugars</b>	2g	
<b>Includes 0g Added Sugars</b>		0%
<b>Protein</b>	2g	
<b>Vitamin D</b>	0mcg	0%
<b>Calcium</b>	30mg	2%
<b>Iron</b>	0.3mg	0%
<b>Potassium</b>	350mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredient and Contains Statement**

**Ingredients:** Potatoes, Water. Contains 2% or less of Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Locust Bean Gum), Creamer (Whey, Milk Protein Concentrate), Modified Cellulose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color, Spices, Vegetable Oil (Soybean And/Or Canola Oil), Whole Milk Powder (Pasteurized Skim Milk, Cream). **Contains:** Milk

**Shelf Life / Storage**

Best if used before 730 days from date of manufacture, when stored at 0°F/-18°C or below.

This information is true and correct as of: 10/07/2024

*L. Kilpatrick*

Darcy Kilpatrick - McCain NA Research and Development

General Information			
Country of Origin:	USA	"Smart Snack" qualified?	Yes
Religious Certification(s):	None	"Buy American" qualified?	Yes

Product Formulation Credits			
<b>McCain Equivalent per Bag</b>			
FBG serving sizes adjusted to accommodate seasoning which is not part of the serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
4 Pounds	14.74	1/2 cup heated vegetable	6.78

McCain Equivalent per Case			
FBG serving sizes adjusted to accommodate seasoning which is not part of the serving.			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
24 Pounds (6 Bags per Case)	88.44	1/2 cup heated vegetable	1.13

Description of Creditable Ingredients per FBG	Oz. per Raw Portion of Creditable Ingredient**	Multiply	FBG yield/Servings/Unit	Creditable Amount*
		x		2.00
Total Creditable Amount				2.00

\*Per FBG, one frozen serving portion (1/2 cup heated vegetable) equals 4.342 oz of McCain mashed potatoes.

**Preparation Instructions**

Steamer preparation: Cook from frozen. Place bag of product into perforated pan in steam table. Steam 30 to 35 minutes. Stove Top: Cook from frozen. Place bag of product into boiling water. Heat 25 to 30 minutes. Place potatoes in serving container. Fluff with fork and serve. \* To ensure uniform cook, turn bags over, halfway through cooking when using the boil-in-bag method. Heat to internal temperature of 175°F. Thoroughly mx the hot product. Place potatoes in serving container. Fluff with fork and serve.