



# Potato Gems

## Complete Mashed Potatoes

### Vegetables

Dehydrated vegetables are dried by a low heat process that removes moisture. The size of the vegetables will shrink, which means there will be more servings in each container

### Potato Gems

Augason Farms Potato Gems are complete mashed potatoes that mix easily with water to make smooth, creamy, delicious potatoes.

### Cheesy Potato Gem Bites

- 1 cup Augason Farms Potato Gems
- 2 cups water
- 1 cup cubed processed cheese
- 2 cups crushed potato chips

Boil water and whisk in Potato Gems. Remove from heat and set aside for 10 minutes. Shape Potato Gems around 3/4" cubed cheese. Roll in crushed potato chips and bake for 10-15 minutes at 350°F until lightly browned.

### DIRECTIONS:

1. Mix 1 cup of Potato Gems with 2 cups of boiling water. Potatoes need to be added quickly and all at once, stirring constantly until potato mixture begins to set (about 20-30 seconds).
2. Let sit for 3 to 5 minutes. Stir and serve.

Yield: 4 servings.

- For creamier mashed potatoes, add more hot water and stir.

### Gold Mine Potatoes

- 1 cup Augason Farms Potato Gems
- 2 cups chicken broth
- 1 teaspoon garlic salt
- 1/2 cup prepared Regular Morning Moo's®
- 2 tablespoons buttermilk powder
- 1/4 cup Augason Farms Dehydrated Chopped Onions
- 1 teaspoon salt
- 1/8 teaspoon pepper

In a large saucepan, combine broth and garlic salt, bring to a boil. Whisk in Potato Gems, set aside for 10 minutes. In a small saucepan, add Morning Moo's and buttermilk powder. Heat until warm, then add to potato mixture and whip. Stir in onions, salt and pepper. May add butter powder, cheese powder, sour cream powder, bacon bits, etc. for "Loaded Gold Mine Potato Gems."

## Nutrition Facts

Serving Size: 1/4 cup (30g dry)  
Servings Per Container: 45

Amount Per Serving			
Calories 110		Calories from Fat 15	
		% Daily Value*	
<b>Total Fat</b>	1.5g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	520mg		<b>22%</b>
<b>Total Carbohydrate</b>	22g		<b>7%</b>
Dietary Fiber	2g		<b>7%</b>
Sugars	1g		
<b>Protein</b>	2g		
Vitamin A	0%	•	Vitamin C 15%
Calcium	2%	•	Iron 2%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

**INGREDIENTS:** Potatoes, salt, partially hydro-genated canola oil, mono and diglycerides, artificial color, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

**Contains allergen:** Dairy.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 10 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**45 SERVINGS**  
**NET WT. 3 LBS (1.36 kg)**