Potato Gems

Complete Mashed Potatoes

Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45

Sel VIIIgs Fel	Container	. 43
Amount Per Serv	ing	
Calories 110	Calories	from Fat 15
		% Daily Value*
Total Fat 1.5g	3	2%
Saturated Fat Og		0%
Trans Fat Og	9	
Cholesterol Omg		0%
Sodium 520mg		22%
Total Carbohydrate 22g		7%
Dietary Fibe	er 2g	8%
Sugars 1g		

Protein 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.

ı		Calories	2,000	2,500
ı	Total Fat	Less than	65g	80g
ı	Sat Fat	Less than	20g	25g
ı	Cholesterol	Less than	300mg	300mg
ı	Sodium	Less than	2,400mg	2,400mg
ı	Total Carbohydrate		300g	375g
ı	Dietary Fiber		25g	30g
	Calories per gi	ram: Fat 9 •	Carbs 4 •	Protein 4

SERVINGS	POTATOES	WATER
4	1 Cup	2 Cups
6	1 1/2 Cups	3 Cups
8	2 Cups	4 Cups

DIRECTIONS:

- 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 to 30 seconds).
- 2. Let sit for 3 to 5 minutes. Stir and serve.

For creamier mashed potatoes, add more water by small increments and stir.

INGREDIENTS: Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. freshness preserved with sodium bisulfite and BHT.

Contains allergen: Milk.