



21
SERVINGS



**SHELF LIFE UP TO
25 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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.

**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Dehydrated Potato Shreds

Nutrition Facts

Serving Size: 1/2 cup (31g)
Servings Per Container: 21

Amount Per Serving			
Calories 110		Calories from Fat 5	
		% Daily Value*	
Total Fat 0g			1%
Saturated Fat 0g			1%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 530mg			22%
Total Carbohydrate 24g			8%
Dietary Fiber 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.			
	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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

11120-120314

DIRECTIONS:

Yield: 2 servings

1. Pour 1 cup potato shreds into 3 cups boiling water (1/2 teaspoon salt optional).
2. Turn down heat and simmer until tender.
3. Drain.

Use in recipes calling for potatoes or fry on well oiled grill at 375°F for 3-4 minutes or until golden brown.

INGREDIENTS: Potatoes, salt, mono and diglycerides, dextrose. Freshness preserved with sodium bisulfite and BHT.