



30
SERVINGS



SHELF LIFE UP TO
25 YEARS

Certified



Gluten-Free

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 Flakes

Nutrition Facts

Serving Size: 1/3 Cup (23g dry)
Servings Per Container: 30

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories	80		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	19g	6%	
Dietary Fiber	2g	6%	
Sugars	1g		
Protein	2g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	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

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DIRECTIONS:

1. Heat 2 cups of water with 3/4 teaspoon of salt and 3 tablespoons of butter or margarine.
2. Add 2/3 cup of milk and 2 cups of flakes.
3. Stir with a fork to moisten. Do not over beat.

For creamier potatoes use more milk or water.
Serves 6.

INGREDIENTS: Potatoes, monoglycerides, sodium acid pyrophosphate, citric acid. Freshness preserved with sodium bisulfite and BHA.

1-800-878-0099

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