

Potato Gems

Complete Mashed Potatoes

Nutrition Facts

48 servings per container

Serving size 1/4 Cup (30g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories 110

% Daily Value*

Total Fat 5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 0mg 0%

Potassium 488mg 10%

*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.

YIELD

2

3

4

POTATOES

1 Cup

1 1/2 Cups

2 Cups

WATER

2 Cups

3 Cups

4 Cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Quickly mix Potato Gems with 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.
3. Let sit for 3 to 5 minutes. Fluff with a fork 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.

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