



45
SERVINGS



**SHELF LIFE UP TO
10 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

Potato Gems

Complete Mashed Potatoes

Nutrition Facts

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

Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
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

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DIRECTIONS:

Yield: 4 servings

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.

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

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

Contains allergen: Milk.

1-800-878-0099

www.AugasonFarms.com

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