Augason Farms

Dehydrated

Potato Shreds

Nutrition Facts

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

Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 450mg	**19%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 2g	

Vitamin A	**0%**	**Vitamin C**	**20%**
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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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SERVINGS	POTATO SHREDS	WATER
2	1 Cup	3 Cups
4	2 Cups	6 Cups
6	3 Cups	9 Cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add potato shreds to boiling water.
3. Simmer on low heat until tender.
4. Drain excess water.

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

INGREDIENTS: Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

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