



# Instant Mashed Potatoes



Serving Suggestion  
Photo Enlarged to Show Texture

## DIRECTIONS FOR 4 SERVINGS:

1. Remove oxygen absorber and discard prior to cooking.
2. Mix 1 cup potatoes with 3 cups boiling water.
3. Potatoes need to be added all at once, stirring constantly until mixture begins to set (about 20 seconds).

## INGREDIENTS

Potatoes, Canola Oil (preserved with Citric Acid and BHT), Salt, Artificial Color, Mono and diglycerides, Natural and Artificial Flavor. Freshness preserved with Sodium Bisulfite and BHT.

**ALLERGENS:** Milk, Soy

**NET WT 44.4 oz (1.26kg)**

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## Nutrition Facts

Serving Size: 2/3 cup dry (34g)  
Servings Per Container: 30

### Amount Per Serving

**Calories 160**      Calories from Fat 20

% Daily Value\*

**Total Fat 2g**      3%

Saturated Fat 0g      0%

*Trans Fat* 0g

**Cholesterol 0mg**      0%

**Sodium 730mg**      30%

**Total Carbohydrate 31g**      10%

Dietary Fiber 3g      10%

Sugars 1g

**Protein 3g**

Vitamin A 0%    •    Vitamin C 25%

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

