

## Nutrition Facts

Serving Size 1-1/3 Tbsp potatoes (17g dry)  
1/2 cup prepared

Servings Per Container about 145

Amount Per Serving	Unprepared	Prepared
<b>Calories</b>	60	60
Calories From Fat	0	0

	% Daily Value**	
<b>Total Fat</b> 0g*	0%	0%
Trans Fat 0g		
<b>Sodium</b> 25mg	1%	6%
<b>Total Carbohydrate</b> 13g	4%	4%
Dietary Fiber 1g	4%	4%
<b>Protein</b> 1g		

Vitamin A	0%	2%
Vitamin C	50%	25%
Iron	2%	2%

Not a significant source of saturated fat, cholesterol, sugars, or calcium.

\* Amount in mix.

\*\*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

**INGREDIENTS:** PRECOOKED DRIED, SELECTED RUSSET POTATOES, WHEY SOLIDS (FROM MILK), AND LESS THAN 1% OF CALCIUM STEAROYL LACTYLATE, CORN SYRUP SOLIDS, SOY PROTEIN, PARTIALLY HYDROGENATED VEGETABLE OILS (PALM KERNEL, SOYBEAN, AND COTTONSEED) WITH SOY LECITHIN, SODIUM CASEINATE (FROM MILK), MONO- AND DIGLYCERIDES, PRESERVATIVES (SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, BHT), VITAMIN C (ASCORBIC ACID), DIPOTASSIUM PHOSPHATE, ARTIFICIAL FLAVOR, DATEM.

**CONTAINS: MILK, SOYBEAN.**

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Good Source of  
Vitamin C

Simplot®

# TRUE

RECIPE®

Mashed  
Potatoes

COMPLETE INSTANT

NET WT  
5.43 LB (2.46 kg)

