

Child Nutrition Meal Pattern Contribution Basic American Foods SKU 10169 Potato Pearls® Premium Nature's Own Mashed Potatoes, 10/29.3 oz



Nutrition Information		
Potato Pearls® Premium Nature's Own Mashed		
<i>USDA Vegetable Contribution Equivalent</i>	¼ cup	½ cup
	(10.46) g	(20.92) g
Calories	40.80	81.60
Protein	0.83 g	1.65 g
Carbohydrate	7.53 g	15.05 g
Dietary Fiber	0.63 g	1.25 g
Sugars	0.33 g	0.66 g
Total Fat	0.83 g	1.65 g
Trans Fat	0.01 g	0.01 g
Saturated Fat	0.09 g	0.18 g
Cholesterol	0.02 mg	0.04 mg
Iron	0.10 mg	0.19 mg
Calcium	3.65 mg	7.30 mg
Sodium	129.59 mg	259.17 mg
Potassium	62.12 mg	124.24 mg
Vitamin A	1.00 IU	1.99 IU
Vitamin C	3.27 mg	6.53 mg

SERVING SIZE WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
1.98 oz	¼ cup	79	790
4.01 oz	½ cup	39	390

Ingredients: POTATOES (DRY), CANOLA OIL (PRESERVED WITH CITRIC ACID AND BHT), SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM CASEINATE, ARTIFICIAL FLAVOR [CONTAINS NATURAL BUTTER FLAVOR (CREAM AND MILKFAT)], MONO AND DIGLYCERIDES, ARTIFICIAL COLOR, DATEM. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK AND SULFITE.

Package Weight: 1.8 pounds

Recipe Weight as Prepared: 9.8 pounds

Dry Potato Content: 1.8 pounds x 0.88 (% of Package Weight of which is dry potato) = 1.58 pounds

Food Buying Guide Yield:

1 pound = 50.5 quarter cup Vegetable Servings

Servings Per Package/Recipe As Prepared:

1.58 pounds of Dry Potato per package X 50.5 per pound yield = 79.79 quarter cups.

79 quarter cup Vegetable Servings; or

39 half cup Vegetable Servings

9.8 pounds of Dry Potato as prepared divided by:

79 quarter cup servings = 0.124 pounds (1.98 oz.) per quarter cup Vegetable serving; or

39 half cup servings = 0.251 pounds (4.01 oz.) per half cup Vegetable serving

I certify that the above information is true and correct when prepared according to directions.

Keith Zaugg, Director QRO

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