

Child Nutrition Meal Pattern Contribution Basic American Foods SKU 10458 Potato Pearls® Natural Mashed Potatoes, 12/12.59



Nutrition Information		
Potato Pearls® Natural Mashed Potatoes		
USDA Vegetable Contribution Equivalent	¼ cup	½ cup
Calories	34.47	68.94
Protein	0.74 g	1.48 g
Carbohydrate	7.73 g	15.45 g
Dietary Fiber	0.64 g	1.28 g
Sugars	0.33 g	0.65 g
Total Fat	0.07 g	0.14 g
Trans Fat	0.00 g	0.00 g
Saturated Fat	0.01 g	0.02 g
Cholesterol	0.00 mg	0.00 mg
Iron	0.10 mg	0.20 mg
Calcium	3.70 mg	7.40 mg
Sodium	6.05 mg	12.09 mg
Potassium	63.43 mg	126.86 mg
Vitamin A	1.00 IU	1.99 IU
Vitamin C	3.34 mg	6.68 mg

SERVING SIZE WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
2.16 oz	¼ cup	39	468
4.44 oz	½ cup	19	228

Ingredients: POTATO (DRY).

Package Weight: 0.79 pounds

Recipe Weight as Prepared: 5.3 pounds

Dry Potato Content: 0.79 pounds x 1.00 (% of Package Weight of which is dry potato) = 0.79 pounds

Food Buying Guide Yield:

1 pound = 50.5 quarter cup Vegetable Servings

Servings Per Package/Recipe As Prepared:

0.79 pounds of Dry Potato per package X 50.5 per pound yield = 39.89 quarter cups.

39 quarter cup Vegetable Servings; or

19 half cup Vegetable Servings

5.3 pounds of Dry Potato as prepared divided by:

39 quarter cup servings = 0.135 pounds (2.16 oz.) per quarter cup Vegetable serving; or

19 half cup servings = 0.278 pounds (4.44 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