

## Mashed Potatoes

Nutrition Facts																			
Serving Size 1 #12 scoop (86g)																			
Servings Per Container 1																			
<b>Amount Per Serving</b>																			
<b>Calories</b> 60	Calories from Fat 0																		
% Daily Value*																			
<b>Total Fat</b> 1g	<b>2%</b>																		
Saturated Fat 0g	<b>0%</b>																		
<i>Trans</i> Fat																			
Polyunsaturated Fat 0g																			
Monounsaturated Fat 0g																			
<b>Cholesterol</b> 0mg	<b>0%</b>																		
<b>Sodium</b> 240mg	<b>10%</b>																		
<b>Potassium</b> 95mg	<b>3%</b>																		
<b>Total Carbohydrate</b> 11g	<b>4%</b>																		
Dietary Fiber less than 1g	<b>4%</b>																		
Sugars less than 1g																			
<b>Protein</b> less than 1g																			
<table border="0" style="width: 100%;"> <tr> <td>Vitamin A 0%</td> <td>•</td> <td>Vitamin C 8%</td> </tr> <tr> <td>Calcium 2%</td> <td>•</td> <td>Iron 0%</td> </tr> <tr> <td>Thiamin 0%</td> <td>•</td> <td>Riboflavin 0%</td> </tr> <tr> <td>Niacin 0%</td> <td>•</td> <td>Vitamin B6 0%</td> </tr> <tr> <td>Folacin 0%</td> <td>•</td> <td>Vitamin B12 0%</td> </tr> <tr> <td>Phosphorus 0%</td> <td>•</td> <td>Zinc 0%</td> </tr> </table>		Vitamin A 0%	•	Vitamin C 8%	Calcium 2%	•	Iron 0%	Thiamin 0%	•	Riboflavin 0%	Niacin 0%	•	Vitamin B6 0%	Folacin 0%	•	Vitamin B12 0%	Phosphorus 0%	•	Zinc 0%
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:																			
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<b>Total Fat</b>	Less than 65g	80g																	
<b>Sat Fat</b>	Less than 20g	25g																	
<b>Cholesterol</b>	Less than 300mg	300mg																	
<b>Sodium</b>	Less than 2400mg	2400mg																	
<b>Total Carbohydrate</b>	300g	375g																	
<b>Dietary Fiber</b>	25g	30g																	
<b>Calories per gram:</b>																			
Fat 9	* Carbohydrate 4	* Protein 4																	