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INSTANT MASHED POTATOES FLAKES

Nutrition Facts

Serving Size: 1/3 Cup (23g)
Serving Per Container: App. 20

Amount Per Serving	Flakes	As Prepared with 2% milk and lightly salted margarine
Calories	80	170
Calories from Fat	0	60

	% Daily Value*	
Total Fat 0g	0%	10%
Trans Fat 0g		
Saturated Fat 0g	0%	6%
Cholesterol 0mg	0%	0%
Sodium 20mg	1%	19%
Potassium 325mg	9%	9%
Total Carb. 19g	6%	8%
Dietary Fiber 2g	6%	6%
Sugars 0g		

Protein 2g

Vitamin A	0%	2%
Vitamin C	6%	6%
Calcium	0%	6%
Iron	0%	0%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Idaho[®] potatoes, mono and diglycerides, sodium acid pyrophosphate, sodium bisulfite, and citric acid, added to protect freshness.



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