



Idahoan Foods, LLC  
900 Pier View Drive, Suite 100  
Idaho Falls, ID 83402

TEL | 208.542.3700  
www.idahoanfoods.com

## Idahoan® FLAKES INSTAMASH® Mashed Potatoes Mix - 10029700003019 - 21.0 lbs.

**Purchase Units:** 28.0 oz. bag (12 bags per case) Starchy Vegetable

### Portioning Information - USDA School Lunch Meal Planning

The following information is provided for food, as purchased (dry) using the USDA Food Buying Guide for Child Nutrition November 2001.

| Description of Creditable Ingredient per Food Buying Guide (FBG) | Vegetable Subgroup | Ounces per Raw Portion of Creditable Ingredient | Multiply | FBG Yield/ Purchase Unit | Creditable Amount (quarter cups) |
|--|--------------------|---|----------|--------------------------|----------------------------------|
| Potatoes, dehydrated Flake Low moisture                          | Starchy            | 0.3168  | X        | 3.1563                   | 1.00                             |
| Potatoes, dehydrated Flake Low moisture                          | Starchy            | 0.6337  | X        | 3.1563                   | 2.00                             |

| Contribution Equivalent | Dry Ounces | Prepared Ounces | Creditable Servings/Bag | Creditable Servings/Case |
|-------------------------|------------|-----------------|-------------------------|--------------------------|
| ¼ cup Vegetable/Starchy | 0.370      | 2.1             | 75.68                   | 908.11                   |
| ½ cup Vegetable/Starchy | 0.740      | 4.2             | 37.84                   | 454.05                   |

| Nutrition Information | ¼ cup    | ½ cup    | Per 100 g |
|-----------------------|----------|----------|-----------|
| Weight                | 0.370oz. | 0.740oz. | 100g      |
| Calories (kcal)       | 39.60    | 79.20    | 377.51    |
| Calories from Fat     | 6.13     | 12.26    | 58.46     |
| Fat (g)               | 0.68     | 1.36     | 6.50      |
| Saturated Fat (g)     | 0.12     | 0.23     | 1.11      |
| Trans Fatty Acid (g)  | 0.00     | 0.00     | 0.00      |
| Cholesterol (mg)      | 0.04     | 0.09     | 0.41      |
| Carbohydrates (g)     | 7.61     | 15.22    | 72.53     |
| Dietary Fiber (g)     | 0.67     | 1.35     | 6.43      |
| Total Sugars (g)      | 0.18     | 0.37     | 1.76      |
| Protein (g)           | 0.83     | 1.66     | 7.91      |
| Water (g)             | 0.94     | 1.89     | 8.78      |
| Vitamin A - IU (IU)   | 0.08     | 0.16     | 0.77      |
| Vitamin C (mg)        | 1.62     | 3.23     | 15.42     |
| Sodium (mg)           | 154.82   | 309.63   | 1475.29   |
| Calcium (mg)          | 4.05     | 8.11     | 38.65     |
| Iron (mg)             | 0.13     | 0.26     | 1.26      |

**Ingredients:** Idaho® potatoes, sunflower oil, corn syrup solids, salt, mono and diglycerides, sodium caseinate (milk), maltodextrin, natural flavor, dipotassium phosphate, tricalcium phosphate, soy lecithin, sodium acid pyrophosphate (preserve freshness), sodium bisulfite (preserve freshness), citric acid (preserve freshness), mixed tocopherols (preserve freshness) and artificial color.

**Contains:** MILK, SOYBEAN

I certify the above information is true and correct in that a 0.370 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.740 dry ounces serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

October 29, 2025 \_\_\_\_\_  
Date

*Ryan Carter* \_\_\_\_\_  
Research & Development