



Idahoan® SHREDS Fresh Cut Hash Browns w/Seasoning - 10029700008083 – 12.75 lbs.

Purchase Units: 2.125 pounds per carton (6 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 hashed browns	Starchy	0.6639	X	1.5063	1.00
Potatoes, dehydrated hashed browns	Starchy	1.3278	X	1.5063	2.00

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Carton	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.6639	2.0	51.21	307
½ cup Vegetable/Starchy	1.3278	4.0	25.60	154

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.6639oz.	1.3278oz.	100g
Calories (kcal)	69.82	139.63	370.88
Calories from Fat	5.57	11.13	29.58
Fat (g)	0.62	1.24	3.29
Saturated Fat (g)	0.13	0.27	0.71
Trans Fatty Acid (g)	0.00	0.00	0.00
Cholesterol (mg)	0.00	0.00	0.00
Carbohydrates (g)	15.57	31.13	82.70
Dietary Fiber (g)	1.39	2.78	7.40
Total Sugars (g)	0.32	0.64	1.70
Protein (g)	1.46	2.92	7.75
Water (g)	0.76	1.53	8.54
Vitamin A - IU (IU)	0.00	0.00	0.00
Vitamin C (mg)	5.45	10.91	28.97
Sodium (mg)	152.71	305.42	811.25
Calcium (mg)	14.21	28.41	75.47
Iron (mg)	0.29	0.58	1.53

Ingredients: Idaho® potatoes, vegetable oil (contains one or more of the following: canola, soybean, cottonseed, sunflower), salt, dextrose, onion powder, monoglycerides, calcium stearoyl lactylate, sodium acid pyrophosphate (preserve freshness) and sodium bisulfite (preserve freshness).

Contains: None

I certify the above information is true and correct in that a 0.6639 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and 1.3279 dry ounce 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