



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

TEL | 208.542.3700  
www.idahoanfoods.com

**Idahoan® CREAMY EXTRA RICH Mashed Potatoes – 1002970000305 – 15.75 lbs.**

**Purchase Units:** 31.5 oz. bag (8 bags per case) 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 – Potatoes, dehydrated Flake Low moisture.

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	0.414	X	3.1563	1.307
Potatoes, dehydrated Flake Low moisture	Starchy	0.828	X	3.1563	2.614

Contribution Equivalent	Dry Ounces	Prepared Ounces	Creditable Servings/Bag	Creditable Servings/Case
¼ cup Vegetable/Starchy	0.414	2.1	76.1	608.7
½ cup Vegetable/Starchy	0.828	4.2	38.04	304.3

Nutrition Information	¼ cup	½ cup	Per 100 g
Weight	0.414oz.	0.828oz.	100g
Calories (kcal)	45.85	91.70	390.64
Calories from Fat	8.08	16.15	68.80
Fat (g)	0.90	1.79	7.64
Saturated Fat (g)	0.50	1.01	4.28
Trans Fatty Acid (g)	0.01	0.01	0.05
Cholesterol (mg)	0.36	0.73	3.09
Carbohydrates (g)	8.57	17.13	72.98
Dietary Fiber (g)	0.63	1.26	5.35
Total Sugars (g)	0.37	0.74	3.16
Protein (g)	0.87	1.75	7.44
Water (g)	0.81	1.63	6.93
Vitamin A - (IU)	4.19	8.38	35.68
Vitamin C (mg)	0.005	0.01	0.02
Sodium (mg)	200.57	401.15	1708.95
Calcium (mg)	7.76	15.52	66.10
Iron (mg)	0.14	0.29	1.23

**Ingredients:** Potatoes, vegetable oil (coconut, sunflower, canola, soybean), maltodextrin, salt, dried corn syrup, sugar, nonfat dry milk, cream, butter (cream, salt), mono- and diglycerides, calcium stearoyl lactylate, natural flavors. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, mixed tocopherols, and citric acid.

**Contains:** MILK

I certify the above information is true and correct and that a 0.414 ounce serving of the above product contains ¼ cup of starchy vegetables and a 0.828 ounce serving of the above product contains ½ cup of starchy vegetables.

October 28, 2025

Date

Ryan Carter  
Research & Development