



Idahoan Foods, LLC
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Idahoan® Honest Earth® Creamy Mashed Potatoes with Butter & Sea Salt – 2970000715 – 19.5 lbs.

Purchase Units: 26.0 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 | 0.337 | X | 3.1563 | 1.00 |
| Potatoes, dehydrated Flake Low moisture | Starchy | 0.674 | X | 3.1563 | 2.00 |

| Contribution Equivalent | Dry Ounces | Prepared Ounces | Creditable Servings/Bag | Creditable Servings/Case |
|-------------------------|------------|-----------------|-------------------------|--------------------------|
| ¼ cup Vegetable/Starchy | 0.337 | 2.0 | 77.15 | 925.8 |
| ½ cup Vegetable/Starchy | 0.674 | 4.0 | 38.58 | 462.96 |

| Nutrition Information | ¼ cup | ½ cup | Per 100 g |
|-----------------------|----------|----------|-----------|
| Weight | 0.337oz. | 0.674oz. | 100g |
| Calories (kcal) | 34.01 | 68.02 | 356.00 |
| Calories from Fat | 2.36 | 4.73 | 24.75 |
| Fat (g) | 0.26 | 0.53 | 2.75 |
| Saturated Fat (g) | 0.19 | 0.37 | 1.95 |
| Trans Fatty Acid (g) | 0.01 | 0.01 | 0.07 |
| Cholesterol (mg) | 0.40 | 0.80 | 4.20 |
| Carbohydrates (g) | 6.46 | 12.93 | 67.66 |
| Dietary Fiber (g) | 0.62 | 1.23 | 6.44 |
| Total Sugars (g) | 0.24 | 0.49 | 2.55 |
| Protein (g) | 0.82 | 1.65 | 8.61 |
| Water (g) | 0.82 | 1.65 | 8.61 |
| Vitamin A - (IU) | 7.16 | 14.32 | 74.97 |
| Vitamin C (mg) | 1.90 | 3.79 | 19.85 |
| Sodium (mg) | 94.77 | 189.55 | 992.00 |
| Calcium (mg) | 4.20 | 8.41 | 44.00 |
| Iron (mg) | 0.19 | 0.38 | 1.98 |

Ingredients: Idaho® potatoes, butter, and sea salt.

Allergens: MILK

I certify the above information is true and correct in that a 0.337 dry ounce serving of the above product contains ¼ cup of creditable starchy vegetables and a 0.674 dry ounce serving of the above product contains ½ cup of creditable starchy vegetables when prepared according to package directions.

October 28, 2025

Date

Ryan Carter

Research & Development