# **Potato Gems**

## **Complete Mashed Potatoes**

### **Nutrition Facts**

Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45

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Amount Per Serv	ing	
Calories 110	Calories f	rom Fat 15
	%	Daily Value*
Total Fat 1.5g	9	2%
Saturated Fat Og		0%
Trans Fat O	9	
Cholesterol Omg		0%
Sodium 520r	ng	22%
Total Carbohydrate 22g		7%
Dietary Fibe	er 2g	8%
Sugars 1g		

#### Protein 2g

Vitamin A	0%	•	Vitamin C	15%
Calcium	2%	•	Iron	2%

\*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 Fibe	r	25g	30g
Calories per q	ram: Fat 9	Carbs 4 •	Protein 4

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SERVINGS	<b>POTATOES</b>	WATER
4	1 Cup	2 Cups
6	1 1/2 Cups	3 Cups
8	2 Cups	4 Cups

#### **DIRECTIONS:**

- Mix 1 Cup of Potato Gems with 2 Cups of boiling water. Potatoes need to be added quickly and all at once, stirring constantly until potato mixture begins to set (about 20 to 30 seconds).
- 2. Let sit for 3 to 5 minutes. Stir and serve.

For creamier mashed potatoes, add more water by small increments and stir.

**INGREDIENTS:** Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. freshness preserved with sodium bisulfite and BHT.

Contains allergen: Milk.