

Nutrition Facts

28 servings per container

Serving size 1/4 Cup (20g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories 70

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 12mg **0%**

Iron 0mg **0%**

Potassium 187mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes a great addition to your scalloped potatoes, pan fried potatoes, potato salad, casseroles, soups, pot pies or as a nutritious side dish and more.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Dehydrated Potatoes Slices with water and let stand for 15 to 30 minutes, stirring occasionally. Can also simmer until tender.
3. Drain excess water, heat and serve.

1 pound of dehydrated potato slices = 3 pounds of fresh potatoes.

INGREDIENTS: Potato slices (potato, freshness preserved with sodium bisulfite).

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