



Medifast Garlic Mashed Potatoes

Naturally Flavored

66615

Nutrition Facts

Serving Size 1 packet (32g)
Servings Per Container 7

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 390mg **16%**

Potassium 410mg **12%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 4g **16%**

 Sugars 2g

Protein 11g **22%**

Vitamin A 20% • Vitamin C 30%

Calcium 20% • Iron 20%

Vitamin D 25% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B6 20% • Folate 20%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 20%

Zinc 20% • Selenium 20%

Copper 20% • Manganese 20%

Chromium 20% • Molybdenum 20%

Chloride 15%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dehydrated potato flakes, milk protein concentrate, gum acacia, skim milk, calcium caseinate, whey protein isolate, dried egg whites, salt, natural flavors, dried sour cream (cultured cream, nonfat milk), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), potato starch, yeast extract, soy lecithin, cellulose gum, whey, garlic powder, autolyzed yeast extract, dry buttermilk, torula yeast, xanthan gum, tapioca dextrin, carrageenan, sunflower oil.

Vitamins and Minerals: Potassium phosphate, potassium chloride, magnesium oxide, ascorbic acid, ferrous sulfate, zinc sulfate, vitamin E acetate, niacinamide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: MILK, SOY, AND EGG.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.