



Roasted Garlic Creamy Smashed Potatoes

Naturally Flavored

77860

Nutrition Facts

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

Amount Per Serving		
Calories 110	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		20%
Vitamin A 20%	• Vitamin C 25%	
Calcium 25%	• Iron 20%	
Vitamin D 50%	• Vitamin E 20%	
Vitamin K 20%	• Thiamin 20%	
Riboflavin 25%	• 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%	

*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 arabic, nonfat milk, whey protein isolate, calcium caseinate, egg whites, salt, dried sour cream (cultured cream, nonfat milk), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), maltodextrin, potato starch, yeast extract, natural flavor, whey solids, whey, cellulose gum, garlic powder, autolyzed yeast extract, modified food starch, buttermilk powder, torula yeast, xanthan gum, carrageenan, tapioca dextrin, capric/caprylic triglycerides, sunflower oil, Bacillus coagulans GBI-30 6080, soy lecithin, extractives of garlic.

VITAMINS & MINERALS: Potassium monophosphate, potassium chloride, disodium phosphate, magnesium oxide, ascorbic acid (vitamin C), niacinamide (vitamin B3), ferric orthophosphate (iron), zinc oxide, calcium pantothenate (pantothenic acid), vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), copper sulfate, manganese sulfate, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), folic acid, biotin, potassium iodide, chromium chloride, phytonadione (vitamin K), sodium molybdate, sodium selenite, vitamin E acetate, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).

CONTAINS: MILK, SOY AND EGGS

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