



OPTAVIA.

# Sour Cream & Chive Smashed Potatoes

Naturally Flavored

77855

## 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 390mg                      11%

Total Carbohydrate 15g                      5%

    Dietary Fiber 4g                      16%

    Sugars 2g

Protein 12g                      20%

Vitamin A 25%                      • Vitamin C 30%

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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Dehydrated potato flakes, milk protein concentrate, nonfat milk, gum arabic, calcium caseinate, whey protein isolate, egg whites, salt, dried sour cream (cultured cream, nonfat milk), potato starch, dehydrated chives, yeast extract, maltodextrin, onion powder, cellulose gum, natural flavor, modified corn starch, autolyzed yeast extract, soy lecithin, xanthan gum, carrageenan, torula yeast, tapioca dextrin, capric/caprylic triglycerides, Bacillus coagulans GBI-30 6086, sunflower oil.

**VITAMINS & MINERALS:** Potassium monophosphate, potassium chloride, 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 EGG**

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