

Creamy Herbed Mashed Potatoes

Prepare

- 1 Open pouch and remove oxygen absorber.
- 2 Add 1 cup boiling water to 1/3 cup potatoes.
- 3 Mix well.
- 4 Let sit for 5-10 min.

Nutrition Facts

8 Servings Per Container
Serving Size 1/3 Cup (42g)

Amount per Serving

Calories **160**

% Daily Value

Total Fat 3.5g **4%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 550mg **24%**

Total Carbohydrate 31g **11%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 1mg **6%**

Potassium 412mg **8%**

* The % Daily Value 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.

V2.2

INGREDIENTS: potato flakes, non-dairy creamer (coconut oil, maltodextrin, modified food starch), chicken bouillon (salt, maltodextrin, natural flavor, yeast extract, onion powder, garlic powder, dehydrated celery powder, carrot powder, turmeric extract, spice), dehydrated onion, parsley.

Distributed by 4Patriots, LLC
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Contains a bioengineered food ingredient.



NET WT. 11.92 oz (338g)
Makes 8 Servings