

Idahoan

764821 - Idahoan® SMARTMASH® Very Low Sodium Dairy-Free Mashed...

Made to deliver delicious taste, with only 20 mg of sodium. Formerly Naturally® Mashed Potatoes (Very Low Sodium), these are perfect for healthcare, K12, or wherever low sodium or dairy-free options are needed.



**MARKETING**  
Made with 100% Idaho Potatoes. Naturally Gluten Free potatoes

## Nutrition Facts

96 Servings per container

**Serving Size** 1/4 cup

**Amount Per Serving**

**Calories** 80

**% Daily Value\***

<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 20 mg	<b>1%</b>
<b>Total Carbohydrates</b> 17 g	<b>6%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	

Vitamin D	0 mcg	0%
Calcium	20 mg	2%
Iron	0.3 mg	2%
Potassium	230 mg	4%

\* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
2970000316	764821	10029700003163	6 x 4.69#			
Brand	Brand Owner	GPC Description				
Idahoan	Idahoan Foods LLC	Potatoes				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
30.53 LBR	28.14 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.25 INH	11.875 INH	10.07 INH	1.194 FTQ	8x4	365 Days	32 FAH / 80 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

The shelf life is approximately 12 months from date of packaging code (imprinted on the package), when shipped and stored away from direct heat, in a cool, dry location, away from strong contaminating odors. Shipping and storage conditions should not exceed 80°F and 60% R.H.

- ALLERGENS
- C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'
- Milk - N

Eggs - N

Soybean - N

Wheat - N

Sesame - N

AU - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

INGREDIENTS

Idaho® potatoes, sunflower oil, monoglycerides, calcium stearoyl lactylate, spice, artificial color, artificial flavor. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols.

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PREPARATION & COOKING SUGGESTIONS

Hot Water Preparation 1). Measure boiling water into a steam table pan according to the servings on the chart on the packaging. 2).Add potatoes all at once, using a spoon or wire whip to distribute evenly and wet all potatoes. 3).Let stand for 60 seconds, stir well and serve. If desired, add 2 1/4 tsp. salt per 1/2 gallon of water (adds approximately 340 mg sodium per serving).

SERVING SUGGESTIONS

Serve warm.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	80	Total Fat	0.5 g	Sodium	20 mg
Protein	2 g	Trans Fat	0 g	Calcium	20 mg
Total Carbohydrates	17 g	Saturated Fat	0 g	Iron	0.3 mg
Sugars	0 g	Added Sugars	0 g	Potassium	230 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0 0 iu	Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C	3 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES	FREE_FROM_GLUTEN	YES
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