

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*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 20 mg 1%

Total Carbohydrates 17 g 6%

Dietary Fiber 1 g 4%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 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	Tlx/Hi	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

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
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

SERVING SUGGESTIONS

Serve warm.

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.

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.

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).

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	80
Protein	2 g
Total Carbohydrates	17 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	3 mg
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	20 mg
Calcium	20 mg
Iron	0.3 mg
Potassium	230 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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FREE_FROM_GLUTEN	YES
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MORE IMAGES

