



* Benefits

Ingredients

Idaho potatoes (russet and red varieties), vegetable oil (coconut, sunflower), maltodextrin, salt, sugar, buttermilk powder, nonfat dry milk, butter (cream, salt), monoglycerides, calcium stearoyl lactylate, natural flavors. Freshness preserved by sodium acid pyrophosphate, sodium bisulfite, citric acid, and mixed tocopherols.

⚠ Allergens

Contains:

 milk  soy

Free From:

 crustaceans  shellfish  eggs  fish
 peanuts  sesame  tree nuts  wheat

Nutrition Facts

Servings per Container 32
Serving size 1/3cup (29g)

Amount per serving
Calories 120

% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugar	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 300mg	6%

* The % Daily Value (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.

Handling Suggestions

Serving Suggestions

Prep & Cooking Suggestions

📄 Product Specifications

Brand	Manufacturer	Product Category
IDAHOAN	Idahoan Foods, LLC	Potatoes, Dehydrated

MFG #	SPC #	GTIN	Pack	Pack Desc.
2970000344	003678	10029700003446	8	8 / 32.85 ONZ

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
18.12lb	16.43lb	No			No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
14in	12in	8.5in	0.83FT3	11x5	365DAYS	32°F / 80°F



Nutrition Analysis - By Serving

Calories	120	Total Fat	3g	Sodium	410mg
Protein	2	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	20g	Saturated Fat	2g	Iron	0.4mg
Sugars	1g	Added Sugars	1g	Potassium	300mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	3mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

