



Roasted Garlic Mashed Potatoes (v)

Ingredients: POTATOES, MILK, BUTTER (cream, salt), NATURAL CHICORY ROOT EXTRACT (Inulin), ROASTED GARLIC BASE (roasted garlic, salt, maltodextrin [from corn], natural flavoring, cornstarch, canola oil, sesame oil), SALT, CULTURED DEXTROSE ON MALTODEXTRIN, SPICE, CITRIC ACID.

THIS PRODUCT CONTAINS: MILK

Nutrition Facts	
Serving Size 2/3 cup (140g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 420mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 3g	
Vitamin A 2%	• Vitamin C 30%
Calcium 4%	• Iron 6%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

(v) = Vegetarian product (ovo lacto compatible)

SERVING SIZE IS DETERMINED BY ESTABLISHED USDA AND FDA GUIDELINES.