BF - Mashed Potato Mix

Nutrition Facts

Serving Size ½ cup prepared (64g mix)
Serving Per Container 8

Amount Per Serving

Calories 300	Calories from Fat 120	
		% Daily Value *
Total Fat 13g		**20**%
Saturated Fat 5g		**25**%
Trans Fat 0g		
Cholesterol 10mg		**3**%
Sodium 300mg		**12**%
Total Carbohydrate 39g		13%
Dietary Fiber 1g		**5**%
Sugars 8g		
Protein 7g		

Vitamin A 0%	Vitamin C 50%
Calcium 20%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.