

# Mashed Potatoes

## Nutrition Facts

1 Serving Per Container

**Serving Size** 12 oz (355g)

**Amount Per Serving**

**Calories** **360**

**% Daily Value \***

**Total Fat** 10g **13%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 25mg **9%**

**Sodium** 190mg **8%**

**Total Carbohydrates** 62g **23%**

Dietary Fiber 5g **19%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 1050mg 20%

\* 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.

**Ingredients:** Potatoes, Milk, Unsalted Butter, Salt, Black Pepper

**Contains:** Milk