



**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

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (140g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 130</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>6%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>4%</b>
<b>Sodium 420mg</b>	<b>17%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein 3g</b>	
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.