

# Red Skinned Mashed Potatoes

Heating Instructions: Remove plastic lid.  
Heat at 375° for approx. 15 minutes.

## Nutrition Facts

Serving Size: 8 oz (220g)

Servings Per Container: Varied

Amount per serving

Calories 460

Calories from Fat 360

% Daily Value\*

**Total Fat** 40g **62%**

Saturated Fat 25g **125%**

Trans Fat 1.5g

**Cholesterol** 135mg **45%**

**Sodium** 420mg **18%**

**Total Carbohydrate** 24g **8%**

Dietary Fiber 2g **8%**

Sugars 4g

**Protein** 4g

Vitamin A 30% • Vitamin C 20%

Calcium 6% • 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
Sat 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

INGREDIENTS: POTATOES, HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), BUTTER (CREAM, SALT), SALT, BLACK PEPPER  
CONTAINS: MILK