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

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 8 oz per person (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

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Red Skinned Mashed Potatoes