

## Child Nutrition Meal Pattern Contribution Basic American Foods SKU 10630 Brilliant Beginnings® Mashed Potatoes, 6/26oz pouches

**Product Formulation Sheet:**

Description of Credible Ingredient per Food Buying Guide (FBG)	Vegetable Subgroup	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Purchase Unit	Creditable Amount (Quarter Cups)
Potatoes, dehydrated, Granules Low moisture Includes USDA Commodity	Starchy	0.3168	X	3.1563	1.00
Potatoes, dehydrated, Granules Low moisture Includes USDA Commodity	Starchy	0.6337	X	3.1563	2.00
<b>Total Creditable Vegetable Amount:</b>		<b>1.00 / 2.00</b>		<b>Total Cups Starchy:</b>	<b>0.25 / 0.50</b>



Nutrition Information			
USDA Vegetable	1/4 cup	1/2 cup	
Contribution Equivalent	9.12 g	18.23 g	
Calories*	35	70	
Protein*	less than 1g	1 g	
Carbohydrate*	7 g	15 g	
Dietary Fiber*	less than 1g	1 g	
Sugars*	0 g	less than 1g	
Total Fat*	0 g	0 g	
Trans Fat*	0 g	0 g	
Saturated Fat*	0 g	0 g	
Cholesterol*	0 mg	0 mg	
Iron	0.09 mg	0.19 mg	
Calcium	3.57 mg	7.13 mg	
Sodium*	55 mg	115 mg	
Potassium*	60 mg	120 mg	
Vitamin A	0.95 IU	1.90 IU	
Vitamin C	3.18 mg	6.36 mg	

\* calculated using FDA Nutrition Facts rounding rules

SERVING SIZE MEASURE/WEIGHT	MEAL PATTERN CONTRIBUTION EQUIVALENT	EQUIVALENT SERVINGS PER BAG	EQUIVALENT SERVINGS PER CASE
1.51 oz.	1/4C Vegetable/Starchy	80.86	485.16
3.02 oz.	1/2C Vegetable/Starchy	40.43	242.58

**Ingredients:** Potato, Salt. Freshness Preserved with Sodium Bisulfite.

**Packaging and Storage Information:** Store cool dry (less than 80 degree F); 180 Days (minimum).

**Preparation and Cooking Instructions**

1. Pour: 3 quarts (2.8L) boiling water (minimum 170°F) into a large mixing bowl or 6" deep half-size steamtable pan.
2. Add Potatoes & Stir: Pour full pouch of potatoes into water, stir and Cover.
3. Sit: Allow potatoes to stand for 12 minutes, until fully combined.
4. Customize: Use these potatoes in your recipe. Add ingredients to create signature mashed potatoes or other dishes that use riced potatoes.

**Nutrition Claims:** No Artificial Colors or Flavors, Gluten Free, Dairy Free, Kosher Pareve

I certify that the above information is true and correct when prepared according to directions.

**Joe E. Bailey, Regulatory Operations Manager**

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