

# IDAHOAN® FOODSERVICE PRODUCTS

## 140g SERVINGS COMPARISON

[www.idahoanfoodservice.com](http://www.idahoanfoodservice.com)



140g = 4.9 oz

Description	Code (29700 prefix)	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	140g Servings/Unit	140g Servings/Case
Idahoan REAL® Mashed Potatoes (13 oz)	00311	80	10	1	0	0	0	310	240	17	1	1	2	0	6	2	2	16	384
Idahoan REAL® Mashed Potatoes (26 oz)	00313	80	10	1	0	0	0	310	240	17	1	1	2	0	6	2	2	32	384
Idahoan REAL® Mashed Potatoes (3.24 lb)	20405	80	10	1	0	0	0	310	240	17	1	1	2	0	6	2	2	64	384
Idahoan REAL® Mashed Potatoes (50 lb)	85250	80	10	1	0	0	0	310	240	17	1	1	2	0	6	2	2	988	988
Idahoan REAL® Mashed w/Vit C (26 oz)	22313	80	10	1	0	0	0	310	240	17	1	1	2	0	50	2	2	32	384
Idahoan REAL® Mashed with Butter & Herb (16 oz)	00346	110	25	3	1	0	0	520	270	20	1	2	2	0	6	2	2	16	384
Idahoan REAL® Mashed with Roasted Garlic (16 oz)	00347	110	25	3	1	0	0	590	260	20	1	2	2	0	6	2	2	16	384
Idahoan PREMIUM® Homestyle Mashed (28 oz)	00365	90	10	1	0	0	0	370	250	18	2	1	2	0	6	2	2	33	396
Idahoan PREMIUM® Baby Reds® Mashed (16.44 oz)	00338	110	25	3	1	0	0	400	270	21	2	2	2	0	6	2	2	16	384
Idahoan PREMIUM® Golden Selects® Mashed (16.44 oz)	00335	110	25	3	1	0	0	400	270	21	2	2	2	0	6	2	2	16	384
Idahoan Naturally® Mashed Potatoes (12.5 oz)	00315	80	10	1	0	0	0	30	240	17	2	1	2	0	6	0	2	16	384
Idahoan Naturally® Mashed Potatoes (4.69 lb)	00316	80	10	1	0	0	0	30	240	17	2	1	2	0	6	0	2	96	576
Idahoan Naturally® Mashed Potatoes (50 lb)	85252	80	10	1	0	0	0	30	240	17	2	1	2	0	6	0	2	1024	1024
Idahoan Fresh Cut Hash Browns (2.125 lb) [85g serving]	00808	70	5	.5	0	0	0	150	200	16	1	0	1	0	10	2	2	51	306
Idahoan Au Gratin Potatoes (20.35 oz) - As packaged	00888	130	25	3	1.5	0	0	650	240	24	2	2	2	0	10	4	2	17	204
Idahoan Au Gratin Potatoes (20.35 oz) - Prepared	00888	150	50	5	2	0	0	660	240	24	2	2	2	4	10	4	2	-	-
Idahoan Scalloped Potatoes (20.35 oz) - As packaged	00889	130	20	2.5	1.5	0	0	490	260	24	2	3	3	0	10	4	2	17	204
Idahoan Scalloped Potatoes (20.35 oz) - Prepared	00889	150	45	5	2	0	0	500	260	24	2	3	3	0	10	4	2	-	-
Idahoan Macaroni & Cheese (24 oz) [220g serving]	00926	240	50	5	1.5	0	5	980	70	41	1	6	7	2	0	10	10	11	132
Idahoan Au Gratin Potatoes (2.54 lb) - As packaged	00880	130	25	3	1.5	0	0	650	240	24	2	2	2	0	10	4	2	34	204
Idahoan Au Gratin Potatoes (2.54 lb) - Prepared	00880	150	50	5	2	0	0	660	240	24	2	2	2	4	10	4	2	-	-
Idahoan Scalloped Potatoes (2.54 lb) - As packaged	00881	130	20	2.5	1.5	0	0	490	260	24	2	3	3	0	10	4	2	34	204
Idahoan Scalloped Potatoes (2.54 lb) - Prepared	00881	150	45	5	2	0	0	500	260	24	2	3	3	0	10	4	2	-	-
Idahoan Mashed Potato Flakes (5 lb) - As packaged	00203	80	0	0	0	0	0	15	240	17	1	1	2	0	6	0	0	106	636
Idahoan Mashed Potato Flakes (5 lb) - Prepared	00203	180	60	7	1	0	0	515	300	27	1	3	3	2	6	8	0	-	-
Idahoan Mashed Potato Flakes (40 lb) - As packaged	00206	80	0	0	0	0	0	15	240	17	1	1	2	0	6	0	0	848	848
Idahoan Mashed Potato Flakes (40 lb) - Prepared	00206	180	60	7	1	0	0	515	300	27	1	3	3	2	6	8	0	-	-
Idahoan Seasoned INSTAMASH® (28 oz)	00301	90	15	1.5	0	0	0	370	330	18	2	0	2	0	6	0	2	32	384
Idahoan Sliced Potatoes (5 lb)	00882	130	0	0	0	0	0	25	360	28	3	0	3	0	10	2	2	65	260
Idahoan Sliced Potatoes (25 lb)	00883	130	0	0	0	0	0	25	360	28	3	0	3	0	10	2	2	325	325
Idaho Supreme Mashed Granules w/C (6 lb) - As packaged	10216	90	0	0	0	0	0	15	170	21	2	1	2	0	50	2	2	113	678
Idaho Supreme Mashed Granules w/C (6 lb) - Prepared	10216	130	35	3.5	1	0	0	275	190	21	2	2	3	0	50	2	2	-	-
Idaho Supreme Complete Mashed Granules w/C (5.5 lb) - As packaged	10218	100	0	0	0	0	0	25	200	22	2	1	2	0	50	2	2	96	576
Idaho Supreme Complete Mashed Granules w/C (5.5 lb) - Prepared	10218	110	20	2	0	0	0	255	200	22	2	1	2	0	50	2	2	-	-

# IDAHOAN® FOODSERVICE PRODUCTS

## 1/2 CUP SERVINGS COMPARISON

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Description	Code (29700 prefix)	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	1/2 Cup Servings/Unit	1/2 Cup Servings/Case
Idahoan REAL® Mashed Potatoes (13 oz)	00311	70	5	.5	0	0	0	250	200	14	1	1	1	0	4	2	2	20	480
Idahoan REAL® Mashed Potatoes (26 oz)	00313	70	5	.5	0	0	0	250	200	14	1	1	1	0	4	2	2	40	480
Idahoan REAL® Mashed Potatoes (3.24 lb)	20405	70	5	.5	0	0	0	250	200	14	1	1	1	0	4	2	2	80	480
Idahoan REAL® Mashed Potatoes (50 lb)	85250	70	5	.5	0	0	0	250	200	14	1	1	1	0	4	2	2	1230	1230
Idahoan REAL® Mashed w/Vit C (26 oz)	22313	70	5	.5	0	0	0	250	200	14	1	1	2	0	40	2	2	40	480
Idahoan REAL® Mashed with Butter & Herb (16 oz)	00346	90	20	2.5	1	0	0	420	220	16	1	2	2	0	4	2	2	20	480
Idahoan REAL® Mashed with Roasted Garlic (16 oz)	00347	90	20	2	1	0	0	480	210	16	1	2	2	0	4	2	2	20	480
Idahoan PREMIUM® Homestyle Mashed (28 oz)	00365	70	5	1	0	0	0	300	200	15	1	1	2	0	4	2	2	41	492
Idahoan PREMIUM® Baby Reds® Mashed (16.44 oz)	00338	90	20	2.5	1	0	0	330	220	17	1	1	2	0	6	2	2	20	480
Idahoan PREMIUM® Golden Selects® Mashed (16.44 oz)	00335	90	20	2.5	1	0	0	330	220	17	1	1	2	0	6	2	2	20	480
Idahoan Naturally® Mashed Potatoes (12.5 oz)	00315	70	5	1	0	0	0	25	200	14	1	1	1	0	4	0	2	20	480
Idahoan Naturally® Mashed Potatoes (4.69 lb)	00316	70	5	1	0	0	0	25	200	14	1	1	1	0	4	0	2	120	720
Idahoan Naturally® Mashed Potatoes (50 lb)	85252	70	5	1	0	0	0	25	200	14	1	1	1	0	4	0	2	1280	1280
Idahoan Fresh Cut Hash Browns (2.125 lb)	00808	50	5	0	0	0	0	110	130	11	1	0	1	0	6	2	2	72	432
Idahoan Au Gratin Potatoes (20.35 oz) - As packaged	00888	110	20	2.5	1	0	0	530	190	19	1	2	2	0	8	2	2	21	252
Idahoan Au Gratin Potatoes (20.35 oz) - Prepared	00888	120	40	4.5	1.5	0	0	530	190	19	1	2	2	2	8	2	2	-	-
Idahoan Scalloped Potatoes (20.35 oz) - As packaged	00889	100	15	2	1	0	0	400	210	20	1	3	2	0	10	4	2	21	252
Idahoan Scalloped Potatoes (20.35 oz) - Prepared	00889	120	35	4	1.5	0	0	400	210	20	1	3	2	2	10	4	2	-	-
Idahoan Macaroni & Cheese (24 oz)	00926	120	25	2.5	1	0	5	490	35	21	1	3	4	2	0	4	4	22	264
Idahoan Au Gratin Potatoes (2.54 lb) - As packaged	00880	110	20	2.5	1	0	0	530	190	19	1	2	2	0	8	2	2	42	252
Idahoan Au Gratin Potatoes (2.54 lb) - Prepared	00880	120	40	4.5	1.5	0	0	530	190	19	1	2	2	2	8	2	2	-	-
Idahoan Scalloped Potatoes (2.54 lb) - As packaged	00881	100	15	2	1	0	0	400	210	20	1	3	2	0	10	4	2	42	252
Idahoan Scalloped Potatoes (2.54 lb) - Prepared	00881	120	35	4	1.5	0	0	400	210	20	1	3	2	2	10	4	2	-	-
Idahoan Mashed Potato Flakes (5 lb) - As packaged	00203	60	0	0	0	0	0	10	200	13	1	1	1	0	4	0	0	130	780
Idahoan Mashed Potato Flakes (5 lb) - Prepared	00203	150	50	5	1	0	0	420	250	22	1	2	3	2	4	6	0	-	-
Idahoan Mashed Potato Flakes (40 lb) - As packaged	00206	60	0	0	0	0	0	10	200	13	1	1	1	0	4	0	0	1040	1040
Idahoan Mashed Potato Flakes (40 lb) - Prepared	00206	150	50	5	1	0	0	420	250	22	1	2	3	2	4	6	0	-	-
Idahoan Seasoned INSTAMASH® (28 oz)	00301	80	10	1.5	0	0	0	300	260	15	1	0	2	0	6	0	2	40	480
Idahoan Sliced Potatoes (5 lb)	00882	100	0	0	0	0	0	20	290	23	2	0	2	0	8	2	2	80	320
Idahoan Sliced Potatoes (25 lb)	00883	100	0	0	0	0	0	20	290	23	2	0	2	0	8	2	2	400	400
Idaho Supreme Mashed Granules w/C (6 lb) - As packaged	10216	60	0	0	0	0	0	10	120	14	1	1	1	0	35	0	0	160	960
Idaho Supreme Mashed Granules w/C (6 lb) - Prepared	10216	90	25	2.5	.5	0	0	190	140	15	1	1	2	2	35	2	0	-	-
Idaho Supreme Complete Mashed Granules w/C (5.5 lb) - As packaged	10218	70	0	0	0	0	0	20	130	15	1	1	2	0	35	2	2	146	876
Idaho Supreme Complete Mashed Granules w/C (5.5 lb) - Prepared	10218	80	10	1.5	0	0	0	170	130	15	1	1	2	2	35	2	2	-	-