



McCain®

## Red Skin Mashed Potatoes

SKU: 482945

Pack Size: 6 x 4 lb

Creamy gourmet red skin mashed potatoes lightly whipped

### NUTRITION & INGREDIENTS

#### Ingredients

Potatoes, water, soybean oil, whole milk powder, salt, cream cheese (milk and cream, bacterial culture, salt, locust bean gum), creamer (whey, whey protein concentrate), modified cellulose, spices, colour. Contains: Milk

#### NUTRITION FACTS VALEUR NUTRITIVE

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 89	
<b>Fat / Lipides</b> 2.96 g	<b>5%</b>
Saturated / saturés 0.68 g	
+ Trans / trans 0.04 g	<b>4%</b>
<b>Cholesterol / Cholestérol</b> 2.1 mg	
<b>Sodium / Sodium</b> 330 mg	<b>14%</b>
<b>Potassium / Potassium</b> 219 mg	<b>6%</b>
<b>Carbohydrate / Glucides</b> 14.1 g	<b>5%</b>
Fibre / Fibres 1.1 g	<b>4%</b>
Sugars / sucres 0.6 g	
<b>Protein / Protéines</b> 1.57 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	13%
Calcium / Calcium	2%
Iron / Fer	2%

#### COOKING INSTRUCTIONS

**Microwave Oven:** Microwave one bag at a time. (Times are based on 1700 watt oven. Adjust times according to your microwave oven). Heat on medium power for 16-19 minutes thawed or 30-33 minutes frozen. Heat to internal temperature of 170-180°F (77-82°C).

**Steamer:** Place bag of mashed potatoes in perforated tray. Heat until potatoes reach 170-180°F (77-82°C). Thawed: 20-22 minutes.

**Frozen:** 35-40 minutes. **Boil-In-Bag:** Place bag of mashed potatoes into boiling water. Heat until potatoes reach 170-180°F (77-82°C).

**Thawed:** 30-33 minutes. **Frozen:** 30-35 minutes. Product must be fully cooked for food safety and quality.