



McCain®

Seasoned Mashed Potatoes

SKU: 482940

Pack Size: 6 x 4 lb

Creamy authentic mashed potatoes accented with a blend of home-style seasonings

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), sodium phosphate, modified cellulose, spices, colour. Contains: Milk

NUTRITION FACTS

VALEUR NUTRITIVE

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 89	
Fat / Lipides 2.83 g	4%
Saturated / saturés 0.63 g	3%
+ Trans / trans 0.03 g	
Cholesterol / Cholestérol 1.6 mg	
Sodium / Sodium 275 mg	11%
Potassium / Potassium 176 mg	5%
Carbohydrate / Glucides 14.3 g	5%
Fibre / Fibres 1.6 g	6%
Sugars / sucres 0.5 g	
Protein / Protéines 1.6 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	9%
Calcium / Calcium	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 14-17 minutes thawed or 26-29 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: 19-21 minutes. Frozen: 30-35 minutes. Boil-In-Bag: Place bag of mashed potatoes into boiling water. Heat until potatoes reach 170-180°F (77-82°C).
Thawed: 20-23 minutes. **Frozen:** 25-30 minutes. Product must be fully cooked for food safety and quality.