

The Basic American Foods Difference

Family owned and operated since 1933, Basic American Foods is the industry leader with over 40 patents for shelf-stable innovations. Our products are made from fresh potatoes and beans that are cooked then dried using our proprietary processes to lock in flavor and texture for that "from scratch" taste in every batch. When you want the best in taste and convenience rely upon Basic American Foods every time.

Nutrition Facts

Serving Size About 2/3 cup Prepared (28g Dry)
Servings Per Container About 57

Amount Per Serving			
Calories 110	Calories from Fat 10		
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 25mg		1%	
Potassium 180mg		5%	
Total Carbohydrate 22g		7%	
Dietary Fiber 2g		8%	
Sugars 1g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 15%	
Calcium 2%	•	Iron 2%	

*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium	Less Than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: POTATO (DRY), MALTODEXTRIN, SHORTENING POWDER (PARTIALLY HYDROGENATED SOYBEAN OIL, LACTOSE, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE), CONTAINS 2% OR LESS OF THE FOLLOWING: PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED), MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. CONTAINS MILK AND SULFITE INGREDIENTS.

Produced and Guaranteed by

BASIC AMERICAN FOODS

Walnut Creek, CA 94596 U.S.A.

baf.com

RECYCLABLE



ONLY WHERE FACILITIES EXIST

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Additional Salt Added (Optional)	Sodium Per Serving (28g Dry)	% Daily Value
½ tbsp per carton	90 mg	4%
1 tbsp per carton	150 mg	6%
1 ½ tbsp per carton	210 mg	9%
2 tbsp per carton	270 mg	11%
3 tbsp per carton	390 mg	16%

BASIC AMERICAN FOODS

Potato Pearls®

Extra Rich Mashed Potatoes

No Salt Added

- Only 25mg Sodium Per Serving
- Made from Select Fresh USA Potatoes
- Exclusive Potato Pearls® Process
- Convenient Prep – Mix by Hand or Machine

NET WT. 57 OZ (3.55 LB) 1.61kg

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76 HALF CUP SERVINGS

8 MINUTES TO SERVE