



BERNARD
FOOD INDUSTRIES, INC.®

HIGH PROTEIN

CALCIUM ENRICHED

VITAMIN C ENRICHED

HI PROTEIN
MASHED POTATO MIX

REORDER 210235

- Excellent source of protein and calories incorporated into traditional foods.
- Calcium enriched, providing 150 mg equal to 15% of the Daily Value.
- Each ½ cup serving provides 50% of the Daily Value Vitamin C.
- Instant, complete mix product requiring only the addition of boiling water.
- Rich, buttery taste with sweet cream buttermilk solids for extra protein and flavor.

GLUTEN FREE

YIELD PER CASE: 96 – ½ cup servings

PACK SIZE: 12 @ 18 oz.

Nutrition Facts

Serving Size 1/2 cup prepared (64g mix)

Servings Per Container 8

Amount Per Serving

Calories 300 Calories from Fat 120

% Daily Value *

Total Fat 13 g **20%**

Saturated Fat 5 g 25%

Trans Fat 0 g

Cholesterol 10 mg **3%**

Sodium 300 mg **12%**

Potassium 450 mg **13%**

Total Carbohydrate 39 g **13%**

Dietary Fiber 1 g 5%

Sugars 8 g

Protein 7 g **13%**

Vitamin A 0%

Vitamin C 50%

Calcium 20%

Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: POTATO FLAKES (WITH MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, SODIUM BISULFATE, CITRIC ACID), CREAMER POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, SODIUM SILICO ALUMINATE), BUTTERMILK SOLIDS, MALTODEXTRIN, SUNFLOWER OIL, SALT, ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C).

Contains MILK