



# Potato Topping

**Net Weight:** 1.1 ounces (32g)

**Ingredients:**

Soy protein bits (soy flour, caramel color, red 3), dehydrated potatoes (potatoes, monoglycerides; sodium acid pyrophosphate, sodium bisulfite, and citric acid to preserve color and flavor), dehydrated onion, soybean oil, salt, spices, dextrose, parsley, chives, butter oil (from milk), natural flavor, TBHQ to protect flavor.

## Nutrition Facts

**Serving Size** 1 Tbsp (7g)

**Servings Per Container** About 5

**Amount Per Serving**

|                           |                      |                          |           |
|---------------------------|----------------------|--------------------------|-----------|
| <b>Calories</b>           | 25                   | <b>Calories from Fat</b> | 5         |
| <b>% Daily Value**</b>    |                      |                          |           |
| <b>Total Fat</b>          | 1g                   |                          | <b>2%</b> |
|                           | <b>Saturated Fat</b> | 0g                       | <b>0%</b> |
|                           | <b>Trans Fat</b>     | 0g                       |           |
| <b>Cholesterol</b>        | 0mg                  |                          | <b>0%</b> |
| <b>Sodium</b>             | 170mg                |                          | <b>7%</b> |
| <b>Total Carbohydrate</b> | 4g                   |                          | <b>1%</b> |
|                           | <b>Dietary Fiber</b> | 0g                       | <b>0%</b> |
|                           | <b>Sugars</b>        | 0g                       |           |
| <b>Protein</b>            | 2g                   |                          |           |
| <b>Vitamin A</b>          |                      |                          | <b>2%</b> |
| <b>Vitamin C</b>          |                      |                          | <b>2%</b> |
| <b>Calcium</b>            |                      |                          | <b>0%</b> |
| <b>Iron</b>               |                      |                          | <b>2%</b> |

\*\*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 |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.