

**Nutrition Facts**

21 servings per container

**Serving size** 1/2 cup (31g) dry  
(about 1 cup prepared)

Amount per serving

**Calories** 110

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 276mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

SERVINGS	POTATO SHREDS	WATER
2	1 cup	3 cups
4	2 cups	6 cups
6	3 cups	9 cups

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Add potato shreds to boiling water.
3. Reduce heat to medium and continue cooking for 5 to 10 minutes until tender, stirring occasionally.
4. Drain excess water.

Use in recipes calling for potatoes or fry on well-oiled grill at 375°F for 3 to 4 minutes or until golden brown.

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Contains a bioengineered food ingredient.

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