



<b>NUTRITION FACTS</b>			
Serving Size 2.4 oz. (68g) <b>FROZEN</b> ***			
about 4 pieces			
<b>Amount per Serving</b>			
Calories	120	Calories from Fat	35
<b>% Daily Value*</b>			
<b>Total Fat</b>	4g		<b>6%</b>
Saturated Fat	0.5g		<b>3%</b>
<i>Trans</i> Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	1.5g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	80mg		<b>3%</b>
<b>Potassium</b>	210mg		<b>6%</b>
<b>Total Carbohydrate</b>	18g		<b>6%</b>
Dietary Fiber	2g		<b>7%</b>
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%
<b>INGREDIENTS:</b> Potatoes, Dehydrated Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate (to maintain color), Citric Acid (to maintain freshness)), Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Modified Cellulose, Natural Flavors, Potassium Chloride, Potato Starch - Modified, Salt, Sodium Acid Pyrophosphate Added To Maintain Color.			

\*\*\* Per FBG, one serving portion (1/2 cup heated vegetable) equals 2.4 oz of McCain Emoticon shapes.