



BERNARD
FOOD INDUSTRIES, INC.®

HI 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 200 mg equal to 20% 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

8 servings per container

Serv. size 1/2 cup prepared (64g mix)

Amount per serving

Calories 300

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 300mg **13%**

Total Carbohydrate 39g **14%**

Dietary Fiber 1g **5%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 180mg **14%**

Iron <1mg **2%**

Potassium 450mg **10%**

* 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 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