



Organic

Quick
Cooking

Homestyle Mashed Potatoes



NET WT. 3.5 oz 100g



Ingredients:
Organic Potato Flakes,
Organic Onion Powder,
Sea Salt,
Organic Black Pepper.

Product of USA
email: custserv@edwardsandsons.com
Certified organic by GAI
Convenience Without Compromise®
edwardsandsons.com
Edward & Sons Trading Co., Inc.
PO Box 1326
Carlinville, CA 93014 USA

Organic certification prohibits the use of GMOs
and other unwelcome ingredients.
Choosing organic foods benefits our farmers,
our families and our planet.

Nutrition Facts		About 4 servings per container Serving Size 1/3 cup dry mix (25g)	
Per 25g		Per prepared	
Calories		90	120
		% DV*	% DV*
Total Fat	0g	0%	3g
Saturated Fat	0g	0%	1g
Trans Fat	0g	0%	0g
Cholesterol	0mg	0%	0mg
Sodium	180mg	8%	230mg
Total Carb.	20g	7%	21g
Dietary Fiber	2g	7%	2g
Total Sugars	less than 1g	0%	2g
Incl. Added Sugars	0g	0%	0g
Protein	2g	0%	3g
Vitamin D	0mcg	0%	0.4mcg
Calcium	0mg	0%	52mg
Iron	0.4mg	2%	0.4mg
Potassium	282mg	6%	282mg

* 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 nutritional advice.



Organics® Quick Gravies - all are organic, vegan, gluten-free and delicious.
Another prepared potatoes with any of Road's End Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

Let sit 2-3 minutes before serving.
Refrigerate leftovers and serve within 3 days.

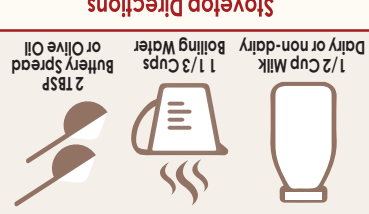
For Firmer Potatoes
Add more milk (stir in 1 Tbsp at a time to reach desired consistency).

For Creamier Potatoes
Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

Quickest Preparation
Pour boiling water and butter spread into a bowl. Sprinkle in the Organic Mashed Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

Microwave Directions
1. Place butter spread and water in a microwave-safe bowl. Heat on high for 45 seconds to 1 minute until butter spread is melted and water is almost boiling.
2. Stir in Organic Mashed Potatoes.
3. Microwave on high for 3 1/2 minutes.
4. Stir thoroughly with fork to achieve consistency. Do not whip.

Stovetop Directions
1. Place butter spread and water in a saucepan and heat to a boil.
2. Remove from heat and stir in Organic Mashed Potatoes.
3. Add milk and stir thoroughly with fork to achieve desired consistency. Do not whip.



You'll Need For 4 Servings:

Homestyle Mashed Potatoes



Organic