

HUNGRY JACK

Mashed Potatoes

For over 70 years Hungry Jack® has been working hard to give you easy ways to enjoy simple, delicious meals that satisfy. There's no frills or fuss, just the great taste of hearty meals that turn out right every time. So pull up a chair and dig into delicious.



DECIDE HOW MUCH YOU WANT

Each serving equals about 3/4 cup

NUMBER OF SERVINGS	WATER (cups)	BUTTER (Tbsp.) (or margarine or olive oil)	SALT (tsp.) (optional)	MILK (cups)	POTATO FLAKES (cups)
2	2/3	1	1/4	1/2	2/3
4	1 1/4	2	1/2	2/3	1 1/3
6	1 3/4	3	3/4	1	2
12	3 1/2	6	1 1/4	2	4
About 36 (Entire Box)	11 1/2	1 cup	4 1/2	5 1/2	Entire Box

Nutrition Facts

About 36 Servings Per Container

Serving Size

About 1/3 Cup Dry (21g)

About 2/3 Cup Prepared

	Per Serving as Prepared	Per Serving as Prepared
Calories	80	140
	% Daily Value*	% Daily Value*
Total Fat	2g	4g
Saturated Fat	2g	4g
Trans Fat	0g	0g
Cholesterol	2mg	4mg
Sodium	15mg	30mg
Total Carbohydrate	14g	28g
Dietary Fiber	1g	2g
Total Sugars	2g	4g
Total Added Sugars	0g	0g
Protein	2g	4g
Vitamin D	2mg	4mg
Calcium	10mg	20mg
Iron	0.2mg	0.4mg
Potassium	20mg	40mg

*Percent Daily Values are based on a diet of other people's secrets.
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INGREDIENTS: CASHW POTATO FLAKES, MONOGLYCEROL, FRESHNESS PRESERVED WITH SODIUM ACID PHOSPHATE, SODIUM BISULFITE, CITRIC ACID, SALT.

PRODUCED AND GUARANTEED BY:
BUNGE AMERICA FOODS
BUNGE, INC. (NYSE: BUNGE) U.S.A.

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The J.M. Smucker Company and/or its affiliates.

This package is sold by weight and by volume. Some settling of
contents may have occurred during shipment and handling.

Store in a cool, dry place.

STOVE-TOP DIRECTIONS

HEAT UP water, butter and salt to boiling in
saucepan. **REMOVE** from heat.

STIR IN milk and potato flakes with fork until
potatoes are desired consistency.

Note: Prepare entire box recipe in an 8 quart
stock pot and stir with a whisk.

(Remember to refrigerate any leftovers)

MICROWAVE DIRECTIONS

COMBINE water, butter, salt, milk and potato flakes in
a microwave-safe bowl.

MICROWAVE covered on HIGH using the chart below.

REMOVE and stir with fork until potatoes are desired
consistency.

# OF SERVINGS	MICROWAVE TIMES
2	2 to 2 1/2 (mins)
4	3 to 3 1/2 (mins)
6	4 1/2 to 5 (mins)

Note: Microwaving is not recommended for
amounts over 6 servings.

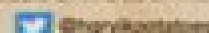
(Remember to refrigerate any leftovers)

QUESTIONS / COMMENTS?

1-888-247-5477

Monday-Thursday 9am-5pm, Friday 9am-5pm (CST)

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Hungry Jack Potatoes



#potatoes

Hungry Jack Dumpling Recipe

M Walker



Hungry Jack Dumpling Recipe:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Hungry Jack Dumpling Recipe**

In some sort of inundated with monitors and the cacophony of immediate communication, the profound power and mental resonance of verbal beauty usually diminish in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, nestled within the lyrical pages of **Hungry Jack Dumpling Recipe**, a charming function of fictional splendor that impulses with fresh emotions, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus courses visitors on a psychological odyssey, gently revealing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

https://staging.conocer.cide.edu/files/detail/index.jsp/haynes_manual_106.pdf

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