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 ⅓ cup

NUMBER OF SERVINGS	WATER (cups)	BUTTER (Tbsp.) (or margarine or olive oil)	SALT (tsp.) (optional)	MILK (cups)	POTATO FLAKES (cups)
2	⅔	1	¼	⅓	⅔
4	1 ¼	2	½	⅔	1 ⅓
6	1 ⅔	3	¾	1	2
12	3 ⅓	6	1 ¼	2	4
About 36 (Entire Box)	11 ⅓	1 cup	4 ⅓	5 ⅓	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 Packaged		Per Serving as Prepared	
Calories	**80**		**140**	
		% DV*		% DV*
Total Fat	0g	0%	4g	5%
Saturated Fat	0g	0%	2g	10%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	10mg	3%
Sodium	15mg	1%	360mg	16%
Total Carbohydrate	19g	6%	19g	7%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	0g		2g	
Incl. Added Sugars	0g	0%	2g	3%
Protein	2g		3g	
Vitamin D	0mcg	0%	0.5mcg	2%
Calcium	10mg	0%	60mg	4%
Iron	0.3mg	2%	0.3mg	2%
Potassium	280mg	6%	330mg	7%

*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: IDAHO® POTATO FLAKES, MONOGLYCERIDE, PREPARED PRESERVED WITH SODIUM ACID PYROPHOSPHATE, SODIUM BISULFITE, CITRIC ACID, BHA.

PRODUCED AND GUARANTEED BY:
BASIC AMERICAN FOODS
WALNUT CREEK, CA 94597 U.S.A.

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This package is sold by weight not 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 2½ (mins)
4	3 to 3½ (mins)
6	4½ to 5 (mins)

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

(Remember to refrigerate any leftovers)

QUESTIONS / COMMENTS?

1-888-247-9477

Monday-Thursday 8am-6pm, Friday 8am-5pm (CST)

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Hungry Jack Dumpling Recipe

R Bogdan

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