



Item #: M14

# Lamb Weston Supreme™ Mashed Lightly Seasoned

Brand: Lamb Weston Supreme™  
Cut Size: Mashed  
Package Size: 6/4# P MILD

Lamb Weston Supreme™ provides consistent, profitable, best-in-class potato offerings from the finest U.S. growing regions. These rich and creamy frozen mashed potatoes are made from premium potatoes and high-quality ingredients providing a scratch-made taste and texture without the prep and labor. Lightly seasoned with a hint of onion for a truly satisfying dish. Simply boil or steam in a bag.

## OPERATOR BENEFITS



Consistent, profitable, best-in-class potato offerings from the finest U.S. growing regions.



Save time and labor by replacing back-of-house cutting, peeling, and prepping with a ready-to-go solution right out of the freezer.



Real baked potato flavor and texture in every bite.



Try our variety of pre-seasoned offerings for quick and convenient back-of-house solutions.

## NUTRITION AND COOKING METHODS

Serving size: 2/3 cup (140g)  
Servings per container: About 78  
Calories [per serving]: 120

\* 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.

Amount per Serving		% Daily Value*
Total Fat	3.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0.0mg	0%
Sodium	430.0mg	19%
Total Carbohydrate	19.0g	
Dietary Fiber	2.0g	7%
Total Sugars	less than 1g	
Added Sugars	0.0g	0%
Protein	2.0g	
Vitamin D	0.8mcg	4%
Calcium	20.0mg	0%
Iron	0.6mg	2%
Potassium	230.0mg	4%

**Ingredients:** Potatoes, Water, Skim Milk, Soybean Oil, Cream Cheese (Pasteurized Milk and Cream, Salt, Cheese Cultures, Stabilizers [Carob Bean Gum, Xanthan Gum, Guar Gum]), Butter (Cream, Salt), Salt, Maltodextrin, Disodium Dihydrogen Pyrophosphate (to promote color retention), Monoglycerides, Natural Flavor, Onion Powder.**CONTAINS: MILK**

**Grade: A**  
**Kosher: Yes**  
**Halal: Yes**

Cooking Method	Time	Temperature	Additional Instructions
			FOR FOOD SAFETY, FOLLOW COOKING INSTRUCTIONS ON THE PACKAGE. KEEP FROZEN – DO NOT THAW. For food safety, read and follow the cooking instructions as product must reach a minimum of 170F (77C) internal temperature as measured by a food thermometer in several spots.
Boil-in-Bag	24 - 26 minutes	Boiling	Amount: Whole unopened bag. Place unopened bag in boiling water. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in boiling water for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care.
Steam Cabinet	28 - 30 minutes	Steam (Below water must be boiling)	Amount: Whole unopened bag. Place unopened bag in full size perforated pan. Heat as directed. Remove bag halfway through cook time and knead for 20 seconds; CAUTION contents will be hot. Place bag back in perforated pan for remaining cook time. Note: Cook from frozen - DO NOT THAW. Appliances vary. Adjust cooking times as needed. Mashed potatoes will be hot after heating, use gloves and handle with care.

SHIPPING AND STORAGE

Shipping Information

Item Number	M14
GTIN	10044979013149
Net Weight	24.0 lb
Gross Weight	26.0 lb
Count Per Pound	N/A
Case Cube	0.63
Ti/Hi	14,6
Country of Origin	US
Shelf Life	720 days

Handling Instructions

Do not drop. Handle like eggs. Perishable, keep frozen. Store at 0°F or colder.