



BASIC AMERICAN

687669 - Disc Potato Southwest Casserole S/O



# Nutrition Facts

Servings per Container  
Serving size About 1/3 cup Dry (31g) 140g Prepared (31.13g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0.6g Added Sugar	<b>1%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>3%</b>
Iron 0.7mg	<b>4%</b>
Potassium 540mg	<b>11%</b>

\* 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.

## \* Benefits

### Ingredients

### ⚠ Allergens

**Contains:**



milk

**Free From:**



crustaceans



eggs



fish



peanuts



soy



tree nuts



wheat

## Handling Suggestions

## 📄 Product Specifications

## Serving Suggestions

## Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
BASIC AMERICAN	BASIC AMERICAN FOODS	Prepared Entrees

MFG #	SPC #	GTIN	Pack	Pack Desc.
10889	687669	10011140108898	6	6/2.33#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15lb	13.5lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17in	12in	9.5in	1.12cf	9x5	365DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	250mg
Protein	3	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	0.7mg
Sugars	3g	Added Sugars	0.6g	Potassium	540mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

