

# **Potato Shreds**

### Vegetables

Dehydrated vegetables are dried by a low heat process that removes moisture. The size of the vegetables will shrink, which means there will be more servings in each container.

#### Potato Shreds

Augason Farms Potato Shreds are an easy way to make mouthwatering hash browns. Handy for both camping and many side dishes.

#### Grill House Potato Skillet

- 4 cups Augason Farms Potato Shreds
- 1/4 cup Augason Farms Vegetarian Meat Substitute Bacon Bits
- 1 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups shredded mozzarella cheese

Bring 2 quarts of water to a boil, add potato shreds and simmer for 15 minutes, drain. Preheat oven to 350°F. Combine all ingredients together. Bake for 25 minutes until bubbly.

- 5 tablespoons Augason Farms Scrambled Egg Mix + 2/3 cup water
- 2 1/2 cups Augason Farms Potato Shreds
- 2 cups Colby Jack Cheese

Lone Star Potato Pie

- 2/3 cup picante sauce
- 1/8 cup Augason Farms Dehydrated Chopped Onion
- 1/4 teaspoon salt

Bring 2 quarts of water to a boil, add potato shreds and simmer for 15 minutes, drain. Beat egg mixture, stir in potato shreds, cheese, sauce, onions and salt. Pour into 9 inch greased pie pan. Bake at 350°F for 35-40 minutes. Serve with additional picante sauce.

### **DIRECTIONS:**

- 1. Pour 1 cup potato shreds into 3 cups boiling water (1/2 teaspoon salt optional).
- 2. Turn down heat and simmer until tender.

Use in recipes calling for potatoes or fry on well oiled grill at 375°F for 3-4 minutes or until golden brown.

## **Nutrition Facts**

Serving Size: 1/2 cup (31g)

| Servings Per Container: 146  |         |     |           |        |
|--|---------|-----|-----------|--------|
| Amount Per Serving   |         |     |           |        |
| Calories 110 Calories from Fat 0   |         |     |           |        |
| % Daily Value*   |         |     |           |        |
| Total Fat 0g   |         |     |           | 0%     |
| Saturated Fat 0g   |         |     |           | 0%     |
| Trans Fat 0g   |         |     |           |        |
| Cholesterol 0mg  |         |     |           | 0%     |
| Sodium 530mg   |         |     |           | 22%    |
| Total Carbohydrate 24g 8%  |         |     |           |        |
| Dietary Fiber 2g 8%  |         |     |           |        |
| Sugars 1g  |         |     |           |        |
| Protein 2g   |         |     |           |        |
|  |         |     |           |        |
| Vitamin A  | 0%      | •   | Vitamin ( | C 15%  |
| Calcium  | 2%      | •   | Iron      | 2%     |
| *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |         |     |           |        |
|  | Calori  | es  | 2,000     | 2,500  |
| Total Fat  | Less th | nan | 65g       | 80g    |
| Sat Fat  | Less th | nan | 20g       | 25g    |
| Cholesterol  | Less th | nan | 300mg     | 300mg  |
| Sodium   | Less th | nan | 2400mg    | 2400mg |
| Total Carbohydrate   |         |     | 300g      | 375g   |

25g

Carbs 4

30g

11124-1011

Dietary Fiber

Calories per gram: Fat 9

INGREDIENTS: Potatoes, salt, mono and diglycerides, dextrose. Freshness preserved with sodium bisulfite and BHT.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**146 SERVINGS NET WT. 10 LBS (4.53 kg)**