

## lutosa Mash Potato - Information

The product is made of mashed potato, mixed with other ingredients and formed into small pieces. The pieces are deep-frozen and packed.

**Our Product Code:** 031541  
**Suppliers Product Code:** 1031505-1V  
**Information Last Updated:** 13/09/2022  
**Date Produced:** 19/01/2026



## Allergy Information

Key: Contains May Contain



## Nutritional Information

|                        |               |
|------------------------|---------------|
| Serving Unit:          | 100g or 100ml |
| Energy (kcal)          | 79.00         |
| Energy (kJ)            | 335.00        |
| Protein (g)            | 1.80          |
| Carb (g)               | 17.00         |
| Of Which Sugars (g)    | 0.30          |
| Fat (g)                | 0.10          |
| Of Which Saturates (g) | 0.00          |
| Fibre (g)              | 1.50          |
| Salt (g)               | 0.02          |

## Dietary Information

Key: Suitable for



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## **Ingredients**

Organic potatoes

## **Handling Information**

### **Directions for Use**

COOKING INSTRUCTIONS (for 1 kg of frozen mashed potatoes = 4 to 5 persons) Cook from frozen. In a microwave oven (10 to 16 minutes): Pour the content of the bag in an adapted dish. Add 400 ml of milk, a little bit of salt, pepper and nutmeg and a knob of butter and cover the dish. Heat for: 10 to 12 min. at 1000 W 12 to 14 min. at 750 W 14 to 16 min. at 650 W. Stir halfway the cooking time. In a saucepan (10 to 12 minutes): Pour the content of the bag in an adapted dish. Add 400 ml of milk, a little bit of salt, pepper and nutmeg and a knob of butter. Heat 10 to 12 minutes and stir regularly. SUGGESTION: Try Lutosa Mashed Potatoes cooked crusty. After preparing the mashed potatoes described as above add an egg yolk, mix thoroughly, spread grated cheese on top, or breadcrumbs and then place under the grill for ± 5 min.

### **Storage Instructions**

1°) Transport - storage Always at a temperature of -18°C. 2°) Storage (in accordance with the instructions on the packaging) In the refrigerator (conservation between 0 and 2°C) : 24 hours In star-marked frozen food compartment of a refrigerator \* (- 6°C): 1 week ; In a freezer \*\*\* (-18°C): several months, without going past the best before date. Do not refreeze once thawed. 3°) Expiry date We recommend that the product is consumed within 24 months after the production date.

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