

## Aviko Mash Potato - Information

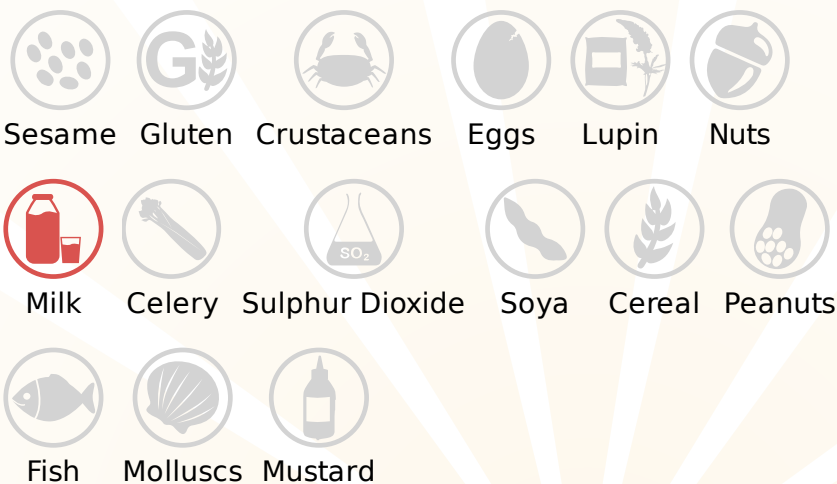
The product is made of mashed potato, mixed with other ingredients and formed into small pieces. The pieces are deep-frozen and packed.

**TFS Product Code:** 014400  
**Suppliers Product Code:**  
**Information Last Updated:** 03/03/2025  
**Date Produced:** 01/07/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	85.00
Energy (kJ)	350.00
Protein (g)	1.50
Carb (g)	15.00
Of Which Sugars (g)	1.00
Fat (g)	1.50
Of Which Saturates (g)	1.00
Fibre (g)	2.00
Salt (g)	0.25

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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

Potatoes, water, palm oil, whey powder (MILK), LACTOSE, MILK protein, butter oil (MILK), natural flavouring, salt, dextrose, MILK powder, onion powder, spices.

## Handling Information

### Directions for Use

Cook from frozen. Combisteamer: 120°C, 50% steam, 12 min. Microwave: 500g, 1350W, 4 min. High speed cooker: 2500g, 100°C, 1 bar, 2 min. Appliances may vary; the above methods of preparation are guidelines only.

### Storage Instructions

Max. -18°C.

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