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Ready for a side of awesome?! Our original mashed potatoes are made with real potatoes, cream and butter, giving you the perfect spoon to your meal needs! --I'm listed in order of importance (quantity). Ingredients list: Potatoes, milk, butter (cream, salt), margara (soybean oil, water, salt, solid whey, hydrogenated cotton seed oil, plant mono and diglycerides, soy lecithin, sodium benzoate [preserver], citric acid, artificial flavor, vitamin a palmitate, tartaric diacetyl acid of mono esters and diglycerides, calcium silicate [anticaking agent]), conscienticons (artificial coloring, potassium sorbate, salt, and soybean oil), Composition analysis: → vegan products Analysis based solely on the ingredients listed and not taking into account the method of processing. Some components cannot be recognized. You can help us recognize more ingredients and better analyze the list of ingredients for this product and others: Edit this product page to correct spelling errors in the ingredients list and/or remove ingredients in other language and sentences that are not related to the component. Add new items, meanings, or translations to our multilingual list of ingredients, ingredient processing methods, and labels. If you want to help, join #ingredients on our Slack discussion space and/or learn about component analysis on our wiki. Thank you! Potatoes, milk, butter (cream, salt), margara (soybean oil, water, salt, whey solids, hydrogenated cotton seed oil, mono-vegetables- and diglycerides, soy lecithin, sodium benzoate (preserver), citric acid, artificial flavors, vitamin a palmitate, tartaric diacetyl acid of mono-esters- and diglycerides, calcium silicate (anticaking)), conscientifiers (artificial colors, potassium sorbate, salt and soybean oil), sodium pyrophosphate acid, Potato spices -> en:potatoes western - vegan: yes - percent_min: 14.257142857143 - percent_max: 100 milk -> en:milk - vegetarian: yes - percent_min: 0 - percent_max: 50 butter -> en:butter - vegan: no - vegetarian: yes - percent_min: 0 - percent_max : 33.333333333333333333 > en:ice cream - percent_min: 0 - percent_max: 33.33333333333333 salt -> en:salt - percent_min: 0 - percent_max: 16.6666666666667 margarine -> en:margarine - percent_min: 0 - percent_max : 25 soybean oil -> en:soybean oil - percent_min: 0 - percent_max: 25 water -> en:water - percent_min: 0 - percent_max: 12.5 5 salts -> en:salt - percent_min: 0 - percent_max: 8.3333333333333333 whey solids -> en:whey solids - percent_min : 0 - percent_max: 6.25 hydrogenated cotton seed oil -> en:seed oil percent_min: 0 - percent_max: 5 mono- vegetables and diglycerides -> en:mono vegetables- and diglycerides - percent_min: 0 - percent_max: 4.166666666666667 soybean lecithin -> - percent_min: 0 - percent_max: 3.57142857142857 natri benzoat -> en:e211 - percent_min: 0 - percent_max: 3.125 chất bảo quản -> en:chất bảo quản - percent_min: 0 - percent_max: 3.125 axit citric -> en:e330 - percent_min: 0 - percent_max : 2.7777777777777778 hương vị nhân tạo -> en:hương liệu nhân tạo - percent_min: 0 - percent_max: 2,5 vitamin a palmitate -> en:retinyl-palmitate - percent_min: 0 - percent_max: 2.27272727272727 axit diacetyl tartaric của este mono- và diglycerides -> en :d iacetyl tartaric của este mono- và diglyceride - percent_min: 0 - percent_max: 2,0833333333333333 canxi silicat -> en:e552 - percent_min: 0 - percent_max: 1.92307692307692 anticaking agent -> en:anti-caking-agent - percent_min: 0 - percent_max: 1.92307692307692 chất bảo quản -> en :preservation - percent_min: 0 - percent_max:20 artificial colors -> en:colour - percent_min: 0 - percent_max: 20 potassium sorbate -> en:e202 - percent_min: 0 - percent_max: 10 salt -> en:salt - percent_min: 0 - percent_max: 6.66666666666667 and soybean oil -> en:and soybean oil - percent_min: 0 - percent_max: 5 sodium acid pyrophosphate -> en:e450i - vegan: yes - percent_min: 0 - percent_max: 16.666666666667 spices -> en:spice - vegan: yes - Vegetarian: yes - percent_min: 0 - percent_max: 14.2857142857 143 Home Food Recipes Mashed Potato Singles \ Calories190 Fat8 g Carbs27 g Protein4 g There are 190 calories in 1 bowl (170 g) by Bob Evans Mashed Potatos Singles \ . Nutritional Event Serving Size 1 bowl (170 g) Amount per serving calories 190% daily value * Total fat 8.00g 10% Saturated fat 3.500g 18% Trans Fat 0,000g Cholesterol 20mg 7% Sodium 560mg 24% Total Carbohydrates 27.00g 10% Fiber 2.0g 7% Sugar 3.00g Protein 4.00g Vitamin D - Calcium - Iron - Potassium - * % Daily Value (DV) tell you how much a nutrient in a food serving contributes to the daily diet. 2,000 calories per day is used for general nutritional advice. Edit this last updated 19/11 17 05:58 PM Source FatSecret Platform API Calorie Counter 100% Free Please note that some foods may not be suitable for some people and you should seek doctor's advice before starting any weight loss or diet efforts. Although the information provided on this website is presented in good faith and is believed to be accurate, FatSecret makes no statement or warranty as to its compleitey or accuracy and all information, including nutritional value, used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Please note that some foods may not be suitable for some people and you are encouraged to seek your doctor's advice before starting any weight loss or diet efforts Although the information provided on this website is presented in good faith and and to be precise, FatSecret makes no representation or warranty on its compleitey or accuracy and all information, including nutritional value, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. ©2020 Walmart Stores, Inc. Home Food Recipes Original Mashed Potatos Singles Calories260 Fat17 g Carbs26 g Protein3 g There are 260 calories in 1 bowl (170 g) by Bob Evans Original Mashed Potatos Singles. Nutritional Event Serving Size 1 bowl (170 g) Calories served 260 % Daily value * Total fat 17.00g 22% Saturated fat 8,000g 40% Trans Fat 0,000g Cholesterol 30mg 10% Sodium 580mg 25% Total Carbohydrates 26.00g 9% Fiber 2.0g 7% Sugar 2.00g Protein 3.00g Vitamin D - Calcium - Iron - Potassium 444mg 9% * % Daily Value (DV) tell you how much a nutrient in a food serving contributes to the daily diet. 2,000 calories per day is used for general nutritional advice. This article was last updated 25/12 18:02:15 PM Source FatSecret Platform API Calorie Counter 100% Free Bob Evans Original Mashed Potatos is a convenient side dish that provides today's lush farms of looking families. No need to peel! there is a video lesson for this song Capo day 3 fret G Em C D Drew looked at me, I faked a smile so that he would not see G Em C D That I want and I am in need, everything that we should be Em C I bet she's pretty girl that he talks about G D And she has everything that I have to live without G Em C D Drew talking to me, I laugh cause it's just so funny G Em C D That I can't even see, anyone when he's with me Em C He says he's so in love , he finally got it right G D I wonder if he knew he was all I thought about at night G D He was the reason for the tears on my guitar Em C The only thing that kept me wanting on a desired star G D Em C He was the song in the car I kept singing, do not know why I do G Em C D Drew follow me, can he say that I can not breathe? G Em C And there he goes very perfectly D Perfect type I wish I could be Em C She'd better keep him tight, give him all his love G D Look at the beautiful eyes and know she's lucky to cause G D He's the reason for the tears on my guitar Em C The only thing that makes me desire a star desires G D Em C He is the song in the car I keep singing , do not know why I do Em C So I drive home alone, as I turn out to light G D I put my picture down , and maybe get some sleep tonight G D Cause he is the reason for the tears on my guitar Em C The only one who has enough of me to break my heart G D Em C He is the post in the car I keep singing , do not know why I do G D He is time, put up, but never enough Em C And he is all I need to fall into G Em C D G Drew look at me, I fake a smile so that he will not see Teardrops On My Guitar By Taylor Swift - Teardrops On My Chords (Capo 3) Teardrops On My Guitar Chords / Lyrics / Verse G Em C D Drew look at me, I fake a smile so he won't see G Em C D That's what I want and I'm in need of, everything that we should teardrops on my Guitar Chords / Lyrics / Pre-Chorus Em C I'll bet she's beautiful, that the girl he talks about G D And she has everything that I have to live without Teardrops On My Guitar Chords / Lyrics / Verse 2 G Em C D Drew talk to me, I laugh because it's just so funny G Em C D That I can't even see , anyone when he with me Teardrops On My Guitar Chords / Lyrics / Pre-Chorus Em C He said that he is so in love , he finally got it right G D I wonder, if he knew he was all I thought about at night Teardrops On My Guitar Chords/Lyrics/Chorus G D He was the reason for the tears on my guitar Em C The only thing that kept me wanting on a desired star G D Em C He was the song in the car I kept singing, don't know why I do Teardrops On My Guitar Chords/Lyrics/Verse 3 G Em C D Drew goes by , can you say I can't breathe? G Em C And yes he goes so perfectly D The flawless kind I wish I could be Teardrops On My Guitar Chords/Lyrics/Pre-Chorus Em C She better keep him tight, give him all his love G D Look at the beautiful eyes and know she's lucky enough to cause Teardrops On My Guitar Chords/Lyrics/Chorus G D He's the reason for the tears on my guitar Em C The only thing that keeps me wanting on a desired star G D Em C He is the song in the car I keep singing, do not know why I do Teardrops On My Guitar Chords / Lyrics / Bridge Em C So , I drove home alone, as I turned out to light G D I put my picture down , and maybe sleep a little tonight G D Cause he's the reason for the teardrops on my guitar D Cause he's the song in the car I keep singing, D Cause he's the song in the car I keep singing, D Cause he's the song in the car I keep singing, D don't know why I do G D He's time, put up, but never got enough Em C And he's all I need to fall into G Em C D G Drew look at me , I suppose a smile so he won't see Taylor Alison Swift (born December 13, 1989) as an American singer-songwriter. She is known for her songs about her personal life, which have received widespread media coverage. At the age of 14, she became the youngest artist to be signed by sony/ATV Music publishing house and, at the age of 15, she signed her first recording contract. Her 2006 debut album of the same name was the longest charting album of the 2000s in the United States and its third single, Our Song, making her the youngest single to write and perform a number one song on the Billboard Hot Country Songs chart. Swift's second album, Fearless, was released in 2008. Rended by the success of the singles Love Story and You Belong with Me, it became the best-selling U.S. album in 2009 and was certified diamond in the United States. The album won four Grammy Awards, and Swift became the youngest album of the year. Swift is the sole author of the 2010 album Speak Now, which won two Grammy Awards and was the first to debut with over a million copies in the United States. Her fourth album, Red (2012), brought her first single on the Billboard Hot 100, We Are Never Ever Getting Back Together. For her fifth album and first all-pop project, 1989 (2014), she won three Grammy Awards, including Album of the Year, and became the first woman to replace herself at number one on the Hot 100, with the singles Shake It Off and Blank Space. Her sixth album, Reputation (2017), made her the only artist to have four consecutive albums selling one million copies in her first week in the US, while bringing her fifth hot 100 song, with Look What You Made Me Do. With her seventh album, Lover (2019), she became the second woman to reach six number one albums in a row on the Billboard 200. After selling over 50 million albums, including 37 million in the United States, Swift is one of the world's best-selling music artists and the highest-earner female musician of the year. She has won 10 Grammy Awards, one Emmy Award, six world record and most awarded artist at the American Music Awards (29 wins) and the most awarded woman at the Billboard Music Awards (23 wins). As a musician, Swift was in honor of the Songwriters Hall of Fame and was included in Rolling Stone's list of the 100 Greatest Musicians of All Time in 2015. She appeared in Time's list of the 100 Most Influential People in the World (2010, 2015, 2019) and was ranked first on the Forbes Celebrity 100 List (2016 and 2019). In 2019, Swift came in at number eight on Billboard's list of greatest artists of all time – the highest for an action debut in the 21st century and was named Woman of the Decade by american music awards by the magazine and Artist of the Decade. Full source: en.wikipedia.org/wiki/Taylor_Swift en.wikipedia.org/wiki/Taylor_Swift