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Bob evans mashed potatoes microwave instructions

On this page you have microwaveable indications. Keep refrigerated. Cooking instructions: Microwave*. 1. Remove the overvoltage from the plate. 2. Peel the back corner or cut a small slit into the vent film. 3. Microwave at high power for 3 minutes. 4. Carefully remove from the microwave, pull the film back and stir. 5. Continue to heat for an additional 2 to 3 minutes and stir. 6. Let the product rest for 2 minutes before the part. Stove*. 1. Remove the envelope from the plate and film. 2. Empty the contents of the tray into a frying pan. 3. Place on the stove over medium heat. 4. Heat and stir until hot. 5. Carefully remove from the cooking plate and serve. *Time and temperature settings may vary due to differences in your particular stove or microwave. Always cook this product at 160 degrees F before serving. Description Bob Evans???? Potatoes crushed in the South-South style. The fresh goodness of the farm?????. Tasty selections. Made with real milk and butter. Serves 4-5. Another description Fresh farm kindness. Commitment. Bob Evans opened his first sausage shop near his Ohio farm in 1948. He used the best ingredients and set a standard of excellence. To this day, with more than 500 restaurants and more than 100 grocery products, the Bob Evans brand is up to the standard started more than 60 years ago. If you are not completely satisfied, please contact us for a replacement or refund. For more information, visit www.bobevans.com/guarantee. ??? 2011 Bob Evans Farms, Inc. 1-800-939-2338. Datos nutricionales Porción Tamaño: 0,5 c Porciones por envase: 5 Energía 160 Grasa total 7 g Grasa saturada 3,5 g Trans Grasa 0 g Colesterol 15 mg Sodio 510 mg Carbohidratos 20 g Fibra dietética 2 g Azúcares 2 g Proteína 3 g Por ciento diario De vitamina A 4 Por ciento diario de vitamina C 15 Por ciento diario de calcio 2 por ciento diario De hierro diario 6 Papas Mantequilla (crema dulce, sal, color de annatto), pimientos poblanos asados, margarina (mezcla de aceite vegetal [aceite de soja líquido, aceite de soja parcialmente hidrogenado], agua, sal, suero de leche [leche], lecitina de soja, mono vegetal y diglicéridos, benzoato de sodio [para proteger la calidad], sabor artificial, ácido cítrico, ala de vitamina a) , Salt, Enzymes], Buttermilk, Maltodextrin, Monosodium Glutamate, Partially Hydrogenated Soybean Oil, Whey, Sour Cream [Cream, Fat-Free Milk, Crops], Onion Powder, Dextrose, Yeast Extract, Garlic Powder, Corn Syrup Solids, Cultured Non-Fat Milk, Lactic Acid, Citric Acid, Isolate, Dextrin, Modified Food Starch, Soybean Oil, Spices, Artificial Flavor, Warnings BEF Foods Distributor, Columbus, OHIO 43207-0863 1-800-939-2338 www.bobevans.com 00075900005295 Preparation time: 5 min Cooking time: 30 min Garlic, cheese and potatoes – you can't go wrong. Ingredients 1 kg Bob Evans Original Mash potatoes 1/3 cup cup Herb Cheese Spread 1/2 cup Panko breadcrumb crumb crumb 1/4 cup Parmesan cheese 2 tablespoons butter, puppy 1 tablespoon parsley, chopped instructions Oven preheated to 375 F. Remove the wrapper from Bob Evans Pur Originalaed Potatoes board and peel the back corner of the film. Microwave with HIGH power for 3 minutes. Carefully pour the mashed potatoes into a mixing bowl. Add the garlicgrass cheese and stir until combined. Pour the potato mixture into a greased 8x8 baking dish. Book. In a separate bowl, mix the ingredients for topping. Sprinkle the topping mixture on top of the potatoes. Bake uncovered for 25 -30 or until panko is lightly browned. Action values may vary due to part size, product preparation, additional seasonings, and ingredient replacement. Calories 170 Total Fat 10 g Saturated Fat 5 g Cholesterol 25 mg Sodium 420 mg Total Carbs 18 g Dietary Fiber 1 g Protein 4 g Post Holdings, Inc. 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Potatoes, Milk, Butter (Cream, Salt), Margarine (Soybean Oil, Water, Salt, Whey Solids, Hydrogenated Cotton Seed Oil, Vegetable Mono and Diglycerides, Soy Lecithin, Sodium benzoate [conservative], citric acid, artificial flavor, Vitamin A palmitate, diacetill tartaric acid of monkey ester and diglycerides, Calcium silicate [anti-antcatizing agent]), preservative (artificial color, potassium sorbate, salt, Since 1930, Publix has grown from a single store to the grocery chain owned by the largest employees in the United States. We are grateful for our customers and partners and remain deeply dedicated to customer service and community engagement, and being a great place to work and shop. Currently, we cannot serve customers outside the United States, and our site is not fully available internationally. (Our apologies!) 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