

MR POTATO
NUTRITIONAL INFORMATION

2021



Table with 9 columns: PROTEINS, MR POTATOES BLOW COOKED (REGULAR), MR POTATOES BLOW COOKED (SMALL), MR POTATOES AIR FRIED (REGULAR), MR POTATOES BEEF TACO (REGULAR), MR POTATOES VEGAN TACO (REGULAR), MR POTATOES MEDIUM (REGULAR), MR POTATOES CREAMY (SMALL), MR POTATOES CALIFORNIA (SMALL). Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 6 columns: BASES, IQ SPUD, SWEET POTATO, SALAD BASE, CHEESES, TASTY CHEESE, LITE TASTY CHEESE, VEGAN CHEESE, FETA, HALLLOUM. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 10 columns: SALADS, LETTUCE, KALE, SPINACH, COLESLAW, RED ONION, BEETROOT, PINEAPPLE, ROAST CAPSICUM, CORN. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 8 columns: SALADS, TABOULI, MOROCCAN CHICKPEA, OLIVES, CARROT, AVOCADO, JALAPENOS, DICED TOMATO, PEAS. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 8 columns: SAUCES, CHILLI DRESSING, GARLIC AIOLI DRESSING, MUSTARD MAYO, POLAR MAYO, BBQ, BALSAMIC, SWEET CHILLI, MUSTARD. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 6 columns: SAUCES, BURGERS SAUCE, SALSA, TOMATO SAUCES, LEMON JUICE, KETCHUP, SOUR CREAM, LITE SOUR CREAM, VEGAN SOUR CREAM. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

Table with 6 columns: BUTTER, BUTTER, GARLIC CHILI BUTTER, VEGAN BUTTER, VEGAN GARLIC CHILI BUTTER, EXTRAS, CRUSHED CORN CHIPS, SPRING ONIONS, FRIED SHALLOTS. Rows include kilojoules, Total Fat, Saturated Fat, Monounsaturated Fat, Polyunsaturated Fat, Trans Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, and Snack serving information.

PRE-LOADED MENU

*These nutritional values are calculated using our IQ Spud (white potato) base & include each ingredient listed within the meal, including cheese, proteins, salad, toppings, sauces & extras

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.

PRE-LOADED VEGAN MENU

*These nutritional values are calculated using our IQ Spud (white potato) base & include each ingredient listed within the meal, including cheese, proteins, salad, toppings, sauces & extras

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.

Table with 7 columns: SIZE, REGULAR, NO CHEESE, DROP IT LIKE ITS HOT, THE MIDDLE EAST, THE LADY FEELER, MASH MADE IN HEAVEN. Rows include kilojoules, Total Fat, Total Carbohydrate, Protein, Sodium, and Sugars.