

## Boniatos

### Serving Size

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grams

Amount Per Serving

**Calories** **110**

|                                | % Daily Value * |
|--------------------------------|-----------------|
| <b>Total Fat</b> 0 g           | <b>0%</b>       |
| Saturated Fat 0 g              | <b>0%</b>       |
| Trans Fat 0 g                  |                 |
| <b>Cholesterol</b> 0 mg        | <b>0%</b>       |
| <b>Sodium</b> 75 mg            | <b>3%</b>       |
| <b>Total Carbohydrate</b> 27 g | <b>10%</b>      |
| Dietary Fiber 4 g              | <b>14%</b>      |
| Total Sugars 6 g               |                 |
| Includes 0 g Added Sugars      | <b>0%</b>       |
| <b>Protein</b> 2 g             |                 |
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| Vitamin D 0 mcg                | 0%              |
| Calcium 40 mg                  | 4%              |
| Iron 0.81 mg                   | 4%              |
| Potassium 450 mg               | 10%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:**

**Ingredients:**

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