

Potatoes, Purple
Serving Size



(150g) grams

Amount Per Serving

Calories 100

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 24 g	9%
Dietary Fiber 4 g	13%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 14 mg	2%
Iron 0.78 mg	4%
Potassium 610 mg	15%

*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:

