

Sweet Potatoes
Serving Size

1 cup (130 g)

grams

Amount Per Serving

Calories 110

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 75 mg	3%
Total Carbohydrate 27 g	10%
Dietary Fiber 4 g	14%
Total Sugars 6 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
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: