

Yams

Serving Size

1/2 cup (113 g)

Amount Per Serving

Calories 180

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 42 g	15%
Dietary Fiber 6 g	22%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 26 mg	2%
Iron 0.81 mg	4%
Potassium 1220 mg	25%

*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: