



Nutritional Fact Sheet

FD Sweet Potato

Ingredients: Freeze Dried Sweet Potato

Description & Directions: Freeze Dried Sweet Potatoes are ready to eat or use in quick cooking dishes. 1 pound of freeze dried sweet potatoes replaces 15 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	9g (app. 1/4 cup)
Energy (Calories)	370.59	33.3531
Total Fat	1.06g	0.0954g
Saturated Fat	0.23g	0.0207g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	45.88mg	4.1292mg
Total Carbohydrates	85.76g	7.7184g
Dietary Fiber	6.35g	0.5715g
Sugars	40.94g	3.6846g
Protein	5.85g	0.5265g
Vitamin A (IU)	60190.59	5417.1531
Thiamin-B1	0.19mg	0.0171mg
Riboflavin	0.49mg	0.0441mg
Niacin	2.26mg	0.2034mg
Vitamin B-6	0.86mg	0.0774mg
Vitamin C	60.35mg	5.4315mg
Calcium	74.12mg	6.6708mg
Iron	1.98mg	0.1782mg
Phosphorus	95.29mg	8.5761mg
Potassium	649.41mg	58.4469mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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