



Nutritional Fact Sheet

Potatoes, Diced

Ingredients: Dehydrated Potatoes.

Description & Directions: Fresh, mature, potatoes are washed, peeled, diced, and dried to specifications. Rehydrate in boiling water for 10-15 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:2.5.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	357	99.96
Total Fat	0.34g	0.0952g
Saturated Fat	0.09g	0.0252g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	55mg	15.4mg
Total Carbohydrates	83.08g	23.2624g
Dietary Fiber	5.9g	1.652g
Sugars	3.52g	0.9856g
Protein	6.9g	1.932g
Vitamin A (IU)	0	0
Thaimin-B1	0.23mg	0.0644mg
Riboflavin	0.05mg	0.014mg
Niacin	3.51mg	0.9828mg
Vitamin B-6	0.77mg	0.2156mg
Vitamin C	3.8mg	1.064mg
Calcium	65mg	18.2mg
Iron	1.38mg	0.3864mg
Phosphorus	168mg	47.04mg
Potassium	1001mg	280.28mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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