



Nutritional Fact Sheet

Potato Starch

Ingredients: Potato Starch

Description & Directions: Pure potato starch is a great thickening agent to replace cornstarch. Add dissolved potato starch to soups and stews to add a gravy-like thickness.

Storage & Shelf-life: Store in a cool dry place for 24-36 months. Seal in an airtight container to repel insects.

Nutrient	Per 100 grams dry	12g (app. 1T)
Energy (Calories)	380	45.6
Total Fat	0.1g	0.012g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	4mg	0.48mg
Total Carbohydrates	99g	11.88g
Dietary Fiber	0.5g	0.06g
Sugars	0g	0g
Protein	0.13g	0.0156g
Vitamin A (IU)	0	0
Thaimin-B1	0.1mg	0.012mg
Riboflavin	0.13mg	0.0156mg
Niacin	2.05mg	0.246mg
Vitamin B-6	0mg	0mg
Vitamin C	0.5mg	0.06mg
Calcium	52mg	6.24mg
Iron	5.5mg	0.66mg
Phosphorus	0mg	0mg
Potassium	55mg	6.6mg

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