



Nutritional Fact Sheet

Sweet Potatoes

Ingredients: Dehydrated Sweet Potato

Description & Directions: Fresh, mature, sweet potatoes are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 15-20 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	18g (app. 1/4 cup)
Energy (Calories)	376	67.68
Total Fat	1.08g	0.1944g
Saturated Fat	0.23g	0.0414g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	47mg	8.46mg
Total Carbohydrates	87.41g	15.7338g
Dietary Fiber	3.06g	0.5508g
Sugars	20.25g	3.645g
Protein	5.94g	1.0692g
Vitamin A (IU)	11	1.98
Thaimin-B1	0.24mg	0.0432mg
Riboflavin	0.53mg	0.0954mg
Niacin	2.43mg	0.4374mg
Vitamin B-6	0.93mg	0.1674mg
Vitamin C	81.7mg	14.706mg
Calcium	79mg	14.22mg
Iron	2.12mg	0.3816mg
Phosphorus	101mg	18.18mg
Potassium	734mg	132.12mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com