



Nutritional Fact Sheet

Potatoes

Ingredients: Dehydrated Potatoes, Sodium Bisulfite

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
Calories	359.00 kcal
Protein	7.02 g
Total Carbohydrate	82.3 g
Sugars	0.83 g
Added Sugars	0.00 g
Dietary Fiber	6.96 g
Total Fat	0.23 g
Saturated Fat	0.00 g
Cholesterol	0.00 mg
Vitamin C	0.00 mg
Vitamin D	0.00 mcg
Calcium	32.3 mg
Iron	1.11 mg
Potassium	862.00 mg
Sodium	71.4 mg
Trans Fat	0.00 g