



## 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
Calories	355.81 kcal
Protein	6.50 g
Total Carbohydrate	83.24 g
Sugars	17.29 g
Added Sugars	0.00 g
Dietary Fiber	12.41 g
Total Fat	0.21 g
Saturated Fat	0.07 g
Cholesterol	0.00 mg
Thiamin – B1	0.26 mg
Riboflavin – B2	2.36 mg
Niacin – B3	2.20 mg
Vitamin B6	0.83 mg
Vitamin C	7.45 mg
Vitamin D	0.00 mcg
Calcium	117.91 mg
Iron	2.40 mg
Phosphorus	184.73 mg
Potassium	1254.85 mg
Sodium	216.18 mg
Trans Fat	0.00 g