



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
Calories	380.00 kcal
Protein	0.13 g
Total Carbohydrate	99.00 g
Sugars	0.00 g
Added Sugars	0.00 g
Dietary Fiber	0.50 g
Total Fat	0.10 g
Saturated Fat	0.00 g
Cholesterol	0.00 mg
Thiamin – B1	0.10 mg
Riboflavin – B2	0.13 mg
Niacin – B3	2.05 mg
Vitamin B6	0.00 mg
Vitamin C	0.50 mg
Calcium	52.00 mg
Iron	5.50 mg
Phosphorus	0.00 mg
Potassium	55.00 mg
Sodium	4.00 mg
Trans Fat	0.00 g