



Nutritional Fact Sheet

Potatoes, Diced

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	28g (app. 1/4 cup)
Energy (Calories)	357.00	99.96
Total Fat	0.34g	0.10g
Saturated Fat	0.09g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	55.00mg	15.40mg
Total Carbohydrates	83.08g	23.26g
Dietary Fiber	5.90g	1.65g
Sugars	3.52g	0.99g
Protein	6.90g	1.93g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.23mg	0.06mg
Riboflavin	0.05mg	0.01mg
Niacin	3.51mg	0.98mg
Vitamin B-6	0.77mg	0.22mg
Vitamin C	3.80mg	1.06mg
Calcium	65.00mg	18.20mg
Iron	1.38mg	0.39mg
Phosphorus	168.00mg	47.04mg
Potassium	1001.00mg	280.28mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

www.GoHHF.com