



Nutritional Fact Sheet

Potatoes, Sliced

Ingredients: Dehydrated Potatoes, Sodium Bisulfite.

Description & Directions: Fresh, mature, potatoes are washed, peeled, sliced, and dried to specifications. Cover potatoes 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 1:8.

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	24g (app. 1/2 cup)
Energy (Calories)	357.00	85.68
Total Fat	0.34g	0.08g
Saturated Fat	0.09g	0.02g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	55.00mg	13.20mg
Total Carbohydrates	83.08g	19.94g
Dietary Fiber	5.90g	1.42g
Sugars	3.52g	0.84g
Protein	6.90g	1.66g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.23mg	0.06mg
Riboflavin	0.05mg	0.01mg
Niacin	3.51mg	0.84mg
Vitamin B-6	0.77mg	0.18mg
Vitamin C	3.80mg	0.91mg
Calcium	65.00mg	15.60mg
Iron	1.38mg	0.33mg
Phosphorus	168.00mg	40.32mg
Potassium	1001.00mg	240.24mg

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