



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	12g (app. 1T)
Energy (Calories)	380.00	45.60
Total Fat	0.10g	0.01g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	4.00mg	0.48mg
Total Carbohydrates	99.00g	11.88g
Dietary Fiber	0.50g	0.06g
Sugars	0.00g	0.00g
Protein	0.13g	0.02g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.10mg	0.01mg
Riboflavin	0.13mg	0.02mg
Niacin	2.05mg	0.25mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.50mg	0.06mg
Calcium	52.00mg	6.24mg
Iron	5.50mg	0.66mg
Phosphorus	0.00mg	0.00mg
Potassium	55.00mg	6.60mg

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