



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	18g (app. 1/4 cup)
Energy (Calories)	376.00	67.68
Total Fat	1.08g	0.19g
Saturated Fat	0.23g	0.04g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	47.00mg	8.46mg
Total Carbohydrates	87.41g	15.73g
Dietary Fiber	3.06g	0.55g
Sugars	20.25g	3.65g
Protein	5.94g	1.07g
Vitamin A (IU)	11.00	1.98
Thaimin-B1	0.24mg	0.04mg
Riboflavin	0.53mg	0.10mg
Niacin	2.43mg	0.44mg
Vitamin B-6	0.93mg	0.17mg
Vitamin C	81.70mg	14.71mg
Calcium	79.00mg	14.22mg
Iron	2.12mg	0.38mg
Phosphorus	101.00mg	18.18mg
Potassium	734.00mg	132.12mg

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