

Baked Sweet Potato with Skin

Nutrition Facts

Serving Size 1- 8 oz Potato (226g)

Servings Per Container 1

Amount Per Serving

Calories 204 **Calories From Fat** 0

		% Daily Value*
Total Fat	<1g	1%
Saturated Fat	<1g	1%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	82mg	3%
Total Carbohydrate	47g	16%
Dietary Fiber	7g	30%
Sugars	19g	

Protein 5g

Vitamin A 872% ● Vitamin C 74%

Calcium 9% ● Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Sweet Potato.

Allergy Information: