

Nutrition Facts

Serving Size: cup (140g)

Amount Per Serving

Calories 171.5

Calories from Fat 76.5

% Daily Value*

Total Fat 8.5g

13%

Saturated Fat 1.4g

7%

Trans Fat 0g

Cholesterol 4.6mg

2%

Sodium 355mg

15%

Potassium 507mg

14%

Total Carbohydrates 22g

7%

Dietary Fiber 3.6g

15%

Sugars 7.5g

Protein 2.4g

Vitamin A

11%

Vitamin C

60%

Calcium

4.5%

Iron

5.5%

* Percent Daily Values are based on a 2000 calorie diet.

Sweet Potato Salad