

IDAHO PACIFIC HOLDINGS



Nutritional Analysis for Diced Potatoes with Sulfite*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g	ANALYTICAL DATA PER SERVING**
Calories	368.1	69.9
Total Fat (g)	0.39	0.1
Saturated Fat (g)	0.18	0.0
Poly-unsaturated Fat (g)	0.18	0.0
Mono-unsaturated Fat (g)	0.04	0.0
Trans Fat (g)	0.00	0.0
Cholesterol (mg)	0.0	0.0
Sodium (mg)	72.77	13.8
Potassium (mg)	964.84	183.3
Total Carbohydrate (g)	83.80	15.9
Dietary Fiber (g)	6.86	1.3
Sugars (g)	1.28	0.2
Added Sugar (g)	0.00	0.0
Protein (F=6.25) (g)	7.34	1.4
Calcium (mg)	51.72	9.8
Iron (mg)	1.59	0.3
Vitamin A (IU)***	0	0
Vitamin C (mg)	35.4	6.7
Vitamin D (D2 + D3) (mcg)	0	0
<u>CONTRIBUTING ANALYTES</u>		
Moisture (g)	6.50	1.2
Ash (g)	1.97	0.4

* The analysis data stated above are typical values for this product. Calculated Values.

**Serving Size: 19 g. Household Measure: about 1/4 cup

***Value from USDA Nutrient Database Food Data Central, FDC Published 4/1/2019. FDC ID:519351.

Reviewed: 4/27/2020