

Nutritional Analysis for Potato Flake*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g	ANALYTICAL DATA PER SERVING**
Calories	357.8	93.0
Total Fat (g)	0.73	0.19
Saturated Fat (g)	0.50	0.13
Poly-unsaturated Fat (g)	0.19	0.05
Mono-unsaturated Fat (g)	0.01	<0.01
Trans Fat (g)	0.00	0.00
Cholesterol (mg)	<1.0	<0.3
Sodium (mg)	59.1	15.4
Phosphorus (mg)***	156	40.6
Potassium (mg)	1250	325
Total Carbohydrate (g)	78.2	20.3
Dietary Fiber (g)	6.35	1.65
Sugars (g)	1.20	0.31
Added Sugar (g)	0	0
Protein (F=6.25) (g)	9.62	2.50
Calcium (mg)	38.1	9.9
Iron (mg)	1.3	0.34
Vitamin A (IU)***	11	2.86
Vitamin C (mg)***	81.0	21.1
Niacin (mg)***	6.26	1.6
Vitamin D (D2 + D3) (mcg)***	0	0
<u>CONTRIBUTING ANALYTES</u>		
Moisture*** (g)	6.58	1.71
Ash (g)	2.95	0.77

SUGAR PROFILE

Fructose	<0.25 (g/100g)	Glucose	0.35 (g/100g)	Added Sugar	0 (g/100g)
Lactose	<0.25 (g/100g)	Maltose	<0.25 (g/100g)		
Sucrose	0.85 (g/100g)				

*The analysis data stated above are typical values for this product. Average Analysis Values, Certified Laboratory Analyses, 2016.

**Serving Size: 26 g. Household Measure: about 1/2 cup

***Value from USDA Nutrient Database Food Data Central, FDC Published 4/1/2019. FDC ID:170039.

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Ririe, ID



Souris, PE, Canada



Center, CO



Firth, ID