

## Nutritional Analysis for Potato Flour\*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g	ANALYTICAL DATA PER SERVING**
Calories	358.8	93.3
Total Fat (g)	0.27	0.07
Saturated Fat (g)	0.12	0.03
Poly-unsaturated Fat (g)	0.13	0.03
Mono-unsaturated Fat (g)	0.01	<0.01
Trans Fat (g)	0	0
Cholesterol (mg)	<1.0	<0.3
Sodium (mg)	14.7	3.8
Phosphorus (mg)***	168	43.7
Potassium (mg)	1500	390
Total Carbohydrate (g)	78.7	20.5
Dietary Fiber (g)	6.70	1.74
Sugars (g)	1.60	0.42
Added Sugar (g)	0	0
Protein (F=6.25) (g)	10.38	2.70
Calcium (mg)	36.6	9.5
Iron (mg)	1.4	0.36
Vitamin A (IU)***	0	0
Vitamin C (mg)***	3.8	0.99
Vitamin D (D2 + D3) (mcg)***	0	0
<b>CONTRIBUTING ANALYTES</b>		
Moisture (g)	7.19	1.87
Ash (g)	3.46	0.90

### SUGAR PROFILE

Fructose	0.53 (g/100g)	Glucose	0.42 (g/100g)	Added Sugar	0 (g/100g)
Lactose	<0.25 (g/100g)	Maltose	<0.25 (g/100g)		
Sucrose	0.65 (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 2.5 Tbsp

\*\*\* Value from USDA Nutrient Database Food Data Central, FDC Published 4/1/2019. FDC ID: 168446.

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Ririe, ID



Souris, PE, Canada



Center, CO



Firth, ID