

IDAHO PACIFIC HOLDINGS



Nutritional Analysis for Potato Granules*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g	ANALYTICAL DATA PER SERVING**
Calories	353.4	91.9
Total Fat (g)	0.49	0.13
Saturated Fat (g)	0.28	0.07
Poly-unsaturated Fat (g)	0.18	0.05
Mono-unsaturated Fat (g)	0.01	<0.01
Trans Fat (g)	0	0
Cholesterol (mg)	<1.0	<0.3
Sodium (mg)	85.8	22.3
Phosphorus (mg)***	245	63.7
Potassium (mg)	1170	304
Total Carbohydrate (g)	78.0	20.3
Dietary Fiber (g)	7.01	1.82
Sugars (g)	0.84	0.22
Added Sugar (g)	0	0
Protein (F=6.25) (g)	9.25	2.40
Calcium (mg)	43.0	11.2
Iron (mg)	1.4	0.36
Vitamin A (IU)***	11	0
Vitamin C***	37.0	9.62
Vitamin D (D2 + D3) (mcg)***	0	0
<u>CONTRIBUTING ANALYTES</u>		
Moisture (g)	9.27	2.41
Ash (g)	2.98	0.77

SUGAR PROFILE

Fructose	<0.25 (g/100g)	Glucose	<0.25 (g/100g)	Added Sugar	0 (g/100g)
Lactose	<0.25 (g/100g)	Maltose	<0.25 (g/100g)		
Sucrose	0.84 (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 2.0 Tbsp

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

Reviewed: 4/27/2020