

IDAHO PACIFIC HOLDINGS



Nutritional Analysis for Potato Granules—No Additive*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g	ANALYTICAL DATA PER SERVING**
Calories	353.1	92.6
Total Fat (g)	0.21	0.05
Saturated Fat (g)	0.10	0.03
Poly-unsaturated Fat (g)	0.09	0.02
Mono-unsaturated Fat (g)	0.01	<0.01
Trans Fat (g)	0	0
Cholesterol (mg)	<1.0	<0.3
Sodium (mg)	62.3	16.2
Phosphorus (mg)***	168	43.7
Potassium (mg)	1290	335
Total Carbohydrate (g)	79.8	20.7
Dietary Fiber (g)	7.70	2.00
Sugars (g)	2.47	0.64
Added Sugar (g)	0	0
Protein (F=6.25) (g)	8.75	2.28
Calcium (mg)	3.8	7.5
Iron (mg)	1.5	0.39
Vitamin A (IU)***	0	0
Vitamin C***	3.8	0.99
Vitamin D (D2 + D3) (mcg)***	0	0
<u>CONTRIBUTING ANALYTES</u>		
Moisture (g)	8.19	2.13
Ash (g)	3.01	0.78

SUGAR PROFILE

Fructose	0.73 (g/100g)	Glucose	0.68 (g/100g)	Added Sugar	0 (g/100g)
Lactose	<0.25 (g/100g)	Maltose	<0.25 (g/100g)		
Sucrose	1.06 (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: 168446

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