

IDAHO PACIFIC HOLDINGS



Nutritional Analysis for Potatoes Shreds*

LABEL ANALYTES VALUE	ANALYTICAL DATA PER 100g
Calories	361.36
Total Fat (g)	0.40
Saturated Fat (g)	0.13
Poly-unsaturated Fat (g)	0.23
Mono-unsaturated Fat (g)	0.04
Trans Fat (g)	0.00
Cholesterol (mg)***	0
Sodium (mg)***	70
Potassium (mg)	933.00
Total Carbohydrate (g)	81.47
Dietary Fiber (g)	5.81
Sugars (g)	1.18
Added Sugar (g)	0.00
Protein (F=6.25) (g)	7.97
Calcium (mg)	58.06
Iron (mg)	1.20
Vitamin A (IU)***	0
Vitamin C (mg)***	38.7
Vitamin D (D2 + D3) (mcg)***	0
<u>CONTRIBUTING ANALYTES</u>	
Moisture (g)	8.00
Ash (g)	2.16

* 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:519339 and FDC ID 519347.

Reviewed: 7/17/2020