

Full Report (All Nutrients) 45185517, SWEET POTATOES, UPC: 757404000104
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Report Date: June 26, 2019 18:39 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Southern Produce Distributors, Inc.

Nutrient	Unit	Data points	Std. Error	1 MEDIUM/5 ""LONG & 2"" DIAMETER SWEET POTATO 130g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	130	100
Protein	g	--	--	2.00	1.54
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	32.99	25.38
Fiber, total dietary	g	--	--	4.0	3.1
Sugars, total	g	--	--	6.99	5.38
Minerals					
Calcium, Ca	mg	--	--	20	15
Iron, Fe	mg	--	--	0.36	0.28
Sodium, Na	mg	--	--	46	35
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	17.9	13.8
Vitamin A, IU	IU	--	--	22000	16923
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					
Ingredients					
ORGANIC SWEET POTATOES <i>Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017</i>					