

Nutrition Facts

Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.4 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 5 mg	0 %
Potassium / Potassium 2400 mg	69 %
Carbohydrate / Glucides 76 g	25 %
Fibre / Fibres 14 g	56 %
Sugars / Sucres 38 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	190 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	25 %
Iron / Fer	80 %

Simulated Cdn. NFT3.1B (Values Only)

Maxxam Client#: 16766

Maxxam Job#: A748824

Maxxam Sample#: S38349

Maxxam Sample Desc: SWEET POTATO DEHYDRATED

Serving Size: 100 g

Ref. Amount: 100g

Claims:

- Source of energy
- Low in fat
- Low in saturated fat
- Free of trans fat
- Free of cholesterol
- Low in sodium or salt
- Very high source of fibre
- Extra lean
- Excellent source of vitamin A
- Excellent source of calcium
- Excellent source of iron

nb: "lean" claims for meat/poultry/seafood
(see table following B.01.513 items 46 & 47).

Any vitamin or mineral claims are from the CFIA
Guide to Food Labelling and Advertising (chapter 7).

* Table values marked with '**' were not lab
tested (claims marked with '**' involve
non-tested table values), or not supplied.

[Click here to Recalculate Table](#)

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