

Sweet Potatoes (Yams)

Nutritional Information

Vacuum Packed / No Liquid

Nutrition Facts			
Serving Size: 1/2 cup (125g)			
Servings Per Container *			
Amount Per Serving			
Calories	100	Fat Calories	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	25g		8%
Dietary Fiber	1g		4%
Sugars	17g		
Protein	0g		
Vitamin A 290% • Vitamin C 10%			
Calcium 0% • Iron 2%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

* Insert applicable information

15-oz. approx. 3
 23-oz. approx. 4
 29-oz. approx. 5
 40-oz. approx. 7
 #10 approx. 19

Data per 100.0g

Packed in Syrup

Nutrition Facts			
Serving Size: 1/2 cup (160g)			
Servings Per Container *			
Amount Per Serving			
Calories	120	Fat Calories	0
%Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	30g		10%
Dietary Fiber	2g		8%
Sugars	23g		
Protein	0g		
Vitamin A 220% • Vitamin C 8%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

* Insert applicable information

15-oz. approx. 3
 23-oz. approx. 4
 29-oz. approx. 5
 40-oz. approx. 7
 #10 approx. 19

Data per 100.0g



Moody Dunbar, Inc.

P.O. Box 6048, Johnson City, TN 37602-6048

Phone: (423) 952-0100 • Fax: (423) 952-0289 • Toll Free: (800) 251-8202