

Sweet Potato

Nutrition Facts

1 serving per container

Serving size (244g)

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 150mg **7%**

Total Carbohydrate 40g **15%**

Dietary Fiber 6g **21%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 1.3mg 8%

Potassium 960mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SWEET POTATO, GREEK YOGURT, SHARP CHEDDAR, BUTTER, GREEN ONIONS

CONTAINS: MILK

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104