

# Sweet Potato Hash

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(459g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.8mg	10%
Potassium 860mg	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, ONION, GREEN PEPPERS, GARLIC, PAPRIKA

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# Sweet Potato Hash With Turkey Sausage

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(558g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 16g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.1mg	15%
Potassium 1190mg	25%
<small>* 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.</small>	

INGREDIENTS: SWEET POTATO, ONION, RED PEPPERS, GREEN PEPPERS, GROUND TURKEY, BELL PEPPER, GARLIC, PAPRIKA, GARLIC POWDER, ONION POWDER, RED PEPPER FLAKES, FENNEL, ROSEMARY, THYME, SAGE

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