

# Nutrition Facts

**Serving Size:** 1 sweet potato, 5" long (130g)

**Amount per serving**

**Calories** **112**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 0g            | <b>0%</b>      |
| Saturated Fat 0g               | <b>0%</b>      |
| <i>Trans</i> Fat 0g            |                |
| <b>Cholesterol</b> -           | <b>-</b>       |
| <b>Sodium</b> 72mg             | <b>3%</b>      |
| <b>Total Carbohydrates</b> 26g | <b>9%</b>      |
| Dietary Fiber 4g               | <b>16%</b>     |
| Sugars 5g                      |                |
| Includes - Added Sugars        | <b>-</b>       |
| <b>Protein</b> 2g              |                |
| Vitamin D 0mcg                 | 0%             |
| Calcium 39mg                   | 3%             |
| Iron 1mg                       | 4%             |
| Potassium 437mg                | 9%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.