

# 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>       |

**Protein** 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.