

Nutrition Facts

Serving Size 0.24pounds(110g)

Servings Per Container 8

Amount Per Serving

Calories 179 Calories Frm Fat 1.8

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 14mg	0.6%
Potassium 594mg	17%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 39g	
Protein 1.54g	

VitaminA 1% · VitaminC 42%

Calcium 59% · Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Value 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

Baked Sweet Potato

NET WT. 2pounds (900g)

Ingredients: Sweet Potatoes

Manufactured by

Daichi no Inochi Co.,LTD

977 Shimodake,Saikai,Seihi,Nagasaki,Japan

Product of JAPAN