

Sweet Potatoes

Nutrition Facts

Serving Size: ½ cup cooked, baked
(100g)

Calories 90 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 36mg 2%

Total Carbohydrate 21g 7%

Dietary Fiber 3g 13%

Sugars 6g

Protein 2g

Vitamin A 384% Calcium 4%

Vitamin C 33% Iron 4%

Other nutrients: Vitamin B6 (14%), Potassium (14%), Magnesium (7%), Thiamin (7%), Niacin (7%), Riboflavin (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11508

Sweet Potatoes

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup canned, mashed
(128g)

Calories 129 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 96mg 4%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 9%

Sugars 7g

Protein 3g

Vitamin A 222% Calcium 4%

Vitamin C 11% Iron 9%

Other nutrients: Potassium (8%), Magnesium (8%), Riboflavin (7%), Niacin (6%), Vitamin E (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11514

Sweet Potatoes

Nutrition Facts

Serving Size: ½ cup raw, cubed (67g)	
Calories 57	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 37mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 189%	Calcium 2%
Vitamin C 3%	Iron 3%

Other nutrients: Vitamin B6 (7%), Potassium (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11507