



Harvest of the Month

Sweet Potatoes

Nutrition Facts

Serving Size: 1 cup, cubes (133g)

Calories 114

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377%	Calcium 4%
Vitamin C 5%	Iron 5%

Source: www.nutritiondata.com

