

# Nutrition Facts

Serving Size 1 cup, mashed 200g (200 g)

## Amount Per Serving

**Calories** 232

Calories from Fat 3

## % Daily Value\*

**Total Fat** 0g 1%

Saturated Fat 0g 1%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 62g 21%

Dietary Fiber 5g 18%

Sugars 28g

**Protein** 2g

Vitamin A 36% • Vitamin C 36%

Calcium 0% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4