Mashed Sweet Potatoes

SWEET POTATOES, POTATOES, SUGAR, CANOLA OIL, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS (MILK), PAPRIKA OLEORESIN (COLOR), LACTOSE, SODIUM CASEINATE, MONO AND DIGLYCERIDES , DIPOTASSIUM PHOSPHATE, FRESHNESS PRESERVED WITH: BHT, SODIUM BISULFITE, CITRIC ACID. COMMON ALLERGENS PRESENT: Milk. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

**Nutrition Facts**

**Serving Size**

**0.25 cup (38g)**

**Amount Per Serving**

**Calories150**

**% Daily Value \***

**Total Fat**1.5g **2%**,

Saturated Fat 0g **0%**,

Trans Fat 0g ,

PolyUnsat. Fat  **n/a**,

MonoUnsat Fat  **n/a**,

**Cholesterol**0mg **0%**,

**Sodium**240mg **10%**,

**Total Carbohydrate**33g **11%**,

Fiber 3g **12%**,

Total Sugars 15g ,

Includes 9g Added Sugars  **18%**,

**Protein**2g **4%**,

Calcium 50mg

5%

Iron 0.5mg

3%

Potassium 280mg

8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.