

Nutrition Facts

Sweet Potatoes

Serving size (100g)

Amount Per Serving

Calories

110

www.ihcare.ae % Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.5mg **2%**

Potassium 0mg **0%**

Vitamin A 948mcg **8%**

Vitamin C 5mg **6%**

*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.