

# Nutritional Information for POTATO PRLS EXCEL 12-28Z BAMER

<b>Product Number:</b>	<b>613738</b>
<b>Description:</b>	<b>EP Potato Pearls, Excel, Prpd w/o Salt,</b>

Nutritional Information			
Serving Size 3.53 oz (100 g)			
<b>Amount Per Serving</b>			
<b>Calories 371</b>		<b>Calories from Fat 48</b>	
% Daily Value			
<b>Total Fat</b>	<b>5 g</b>	<b>8%</b>	
Saturated Fat	1 g	4%	
Trans Fat	1 g		
PolyUnSat	0 g	n/a	
MonoUnSat	3 g	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>1733 mg</b>	<b>72%</b>	
<b>Potassium</b>	<b>613 mg</b>	<b>18%</b>	
<b>Total Carbs</b>	<b>74 g</b>	<b>25%</b>	
Dietary Fiber	6 g	25%	
Sugars	3 g	n/a	
<b>Protein</b>	<b>7 g</b>	<b>14%</b>	
Vitamin A -	0%	Vitamin C -	50%
Calcium -	4%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>0.5 Cup Prprd</b>		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.50 cup	Vitamin E	n/a
Grain/Bread	0.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	10 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	65 mg
Riboflavin B2	2 mg	Zinc	n/a
Niacin B3	4 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	36 mg
Vitamin C	30 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a