

## Sweet Potato Puffs

### Nutrition Facts

Serving Size: 1/2 Cup

Amount Per Serving

Calories: 133

Calories from Fat: 32

**Total Fat:** 3.6g

Saturated Fat: .0g

Trans Fat: 0.00

**Cholesterol:** 0mg

**Sodium:** 236mg

**Total Carbohydrate:** 23.6g

Dietary Fiber: 3.1g

**Protein:** 1.0g

Vitamin A: 3,077RE Vitamin C: 9.2mg Calcium: 20.5mg Iron: .4mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Potato, Sweet Potato Puffs Sysco (mfg label): SWEET POTATOES, CANOLA OIL, SUGAR, MODIFIED FOOD STARCH, POTATO STARCH, RICE FLOUR, CORNSTARCH, DEXTRIN, SALT, NATURAL FLAVOR, COLORING (TURMERIC, OLEORESIN PAPRIKA), DEXTROSE, XANTHAN GUM, LEAVENING. [902919]

