

Ingredient Report

Generated 08/15/2016 07:06:41 AM by David Misterka

Ingredient Name: Potatoes, Farmer's Kitchen Chopped Roasted Redskin, McCain, MCF04851, Veg-S

Ingredient Code: SI101130

Measure	Weight In Grams
3 1/4 ounces (L v1)	89.02

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
112.360	2.247	0.000	0.000	0.000	168.539	21.348	2.247	2.247	2.247	0.809	0.000	0.000	6.742	(M)	(M)

Nutrients per 89 Gram (89.000 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
100.000	2.000	0.000	0.000	0.000	150.000	19.000	2.000	2.000	2.000	0.720	0.000	0.000	6.000	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.