

# Nutrition Facts

Sweet Potato Fries

Serving size

PER SERVING (200g)

Amount per serving

**Calories**

**364.0**

**% Daily Value \***

**Total Fat 17.84g** **23%**

Saturated Fat 2.31g **18%**

Trans Fat 0.0g **0%**

**Cholesterol 0.0mg** **0%**

**Sodium 292.0mg** **13%**

**Total Carbohydrate 71.16g** **26%**

Dietary Fiber 11.4g **41%**

Total Sugars 0.0g **0%**

**Protein 4.32g** **9%**

Vitamin D 0.0mcg **0%**

Calcium 104.0mg **8%**

Iron 1.54mg **9%**

Potassium 818.0mg **17%**

\* 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