



NUTRITIONAL DATA SHEET

PRODUCT NAME:

POTATO FLAKES/FLOUR

Typical Analysis

Values per 100g

Calories	359 kcal
Protein (Nx6.25) (g)	9.3
Total Carbohydrate (g)	78
Dietary Fiber (g)	6.1
Sugars (g)	1.5
Added Sugars (g)	0
Total Fat (g)	1.2
Saturated Fat (g)	0.8
Trans Fat (g)	< 0.1
Moisture (g)	8.1
Ash (g)	3.7
Cholesterol (mg)	< 0.5
Sodium (mg)	40.4
Vitamin A (IU)	6
Vitamin D (mcg)	< 1.0
Potassium (mg)	1780
Calcium (mg)	40.3
Iron (mg)	1.2



INGREDIENT BREAKDOWN

PRODUCT NAME:

POTATO FLAKES

Non-GMO Potato – 99.1175 %
Mono- and diglycerides - 0.5 % Max
Sodium pyrophosphates acid – 0.3 % max
Citric Acid - 0.03% Max
Sodium Pyrosulphite – 0.0125 % Max
Curcumin - 0.04 %