

201029 Cafe Puree™ Sweet Potato - 3.2 oz. [90g]

Nutritional Facts: Multi Column

Nutrients	Per Serving	Per 100g
Basic Components		
Calories (kcal)	164.12	182.35
Calories from Fat (kcal)	46.53	51.70
Calories from SatFat (kcal)		
Protein (g)	1.00	1.11
Carbohydrates (g)	28.25	31.39
Dietary Fiber (g)	1.72	1.91
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	12.42	13.80
Added Sugars	8.40	9.33
Monosaccharides (g)	0.82	0.91
Disaccharides (g)	11.45	12.72
Other Carbs (g)	13.78	15.31
Fat (g)	5.42	6.02
Saturated Fat (g)	0.83	0.92
Mono Fat (g)	0.03	0.03
Poly Fat (g)	0.05	0.05
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.29	0.32
Water (g)	54.68	60.76
Vitamins		
Vitamin A - IU (IU)	10600.65	11778.50
Vitamin A - RE (RE)	1060.61	1178.46
Vitamin A - RAE (RAE)	530.74	589.71
Vitamin A - Carotenoid RE (RE)		
Vitamin A - Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)		
Vitamin B1 - Thiamin (mg)	0.04	0.04
Vitamin B2 - Riboflavin (mg)	0.04	0.04
Vitamin B3 - Niacin (mg)	0.37	0.41
Niacin Equivalents (mg)	0.68	0.76
Vitamin B6 (mg)	0.12	0.13

Nutrients	Per Serving	Per 100g
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	2.90	3.22
Vitamin C (mg)	8.62	9.58
Vitamin D - IU (IU)	0.11	0.12
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.64	0.71
Folate (mcg)	4.10	4.56
Folate, DFE (mcg)	4.14	4.60
Vitamin K (mcg)	1.41	1.57
Pantothenic Acid (mg)	0.40	0.44
Minerals		
Calcium (mg)	29.21	32.45
Chromium (mcg)	0.01	0.01
Copper (mg)	0.06	0.07
Fluoride (mg)	0.00	0.00
Iodine (mcg)	1.35	1.50
Iron (mg)	0.57	0.63
Magnesium (mg)	13.11	14.57
Manganese (mg)	0.18	0.20
Molybdenum (mcg)		
Phosphorus (mg)	23.78	26.42
Potassium (mg)	168.24	186.93
Sodium (mg)	87.60	97.33
Zinc (mg)	0.14	0.16
Other Fats		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.05	0.05
Other Nutrients		
Gram Weight (g)	90	100
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	7.43	8.25

