



Premium

# 31413 - Sweet Potatoes Cut In Light Syrup

Our Sweet Potatoes are Golden Yellow and packed in Light Syrup. The sweet potatoes are prepared from clean sweet potato plants, packed in hermetically sealed containers and sufficiently processed by heat to assure preservation. Premium or Golden Harvest Brand



## Nutrition Facts

Servings per Container 19  
Serving size 2/3cup (166g)

Amount per serving  
**Calories 190**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 10g Added Sugar	20%
<b>Protein</b> 0g	
Vitamin D 2mcg	10%
Calcium 26mg	2%
Iron 1.4mg	8%
Potassium 235mg	5%

\* 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.

### \* Benefits

Our Sweet Potatoes are Golden Yellow and packed in Light Syrup. The sweet potatoes are prepared from clean sweet potato plants, packed in hermetically sealed containers and sufficiently processed by heat to assure preservation. Premium or Golden Harvest Brand. Ready to heat and serve or add to your favorite recipe. Because they are available fresh, canned or frozen, sweet potatoes offer the ultimate flexibility for healthy and delicious menu options at any meal. With virtually no fat and low in sodium, sweet potatoes, or yams, fit perfectly into a low-carb lifestyle, with major nutritional bonuses to boot.

### Ingredients

Sweet Potatoes, Water, Sugar

### ⚠ Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### Handling Suggestions

dry, ambient conditions

### Serving Suggestions

ready to use

### Prep & Cooking Suggestions

Drain

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Premium	Port Royal Sales	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	6538	31413	10619211665655		6/100 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
46lb	37.5lb	China	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.88in	17.44in	7.13in	1.29ft3	8x7	712days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	190	Total Fat	0g	Sodium	55mg
Protein	0	Trans Fats		Calcium	26mg
Total Carbohydrates...	45g	Saturated Fat	0g	Iron	1.4mg
Sugars	21g	Added Sugars	10g	Potassium	235mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

