

B-FAMILY STYLE MASHED SWEET POTATOES

 1 bowl

INGREDIENTS

- 8 half cups of A-Mashed Sweet Potato [824 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (824 g)	% DRI
ENERGY	100 kcal	822 kcal	41 %
FAT	1 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	242 mg	1992 mg	83 %
CARBOHYDRATE	21 g	172 g	57 %
SUGARS	6 g	53 g	—
FIBER	4 g	30 g	118 %
PROTEIN	2 g	16 g	—