



## NUTRITION FACTS

### WHAT'S IN IT FOR YOU...

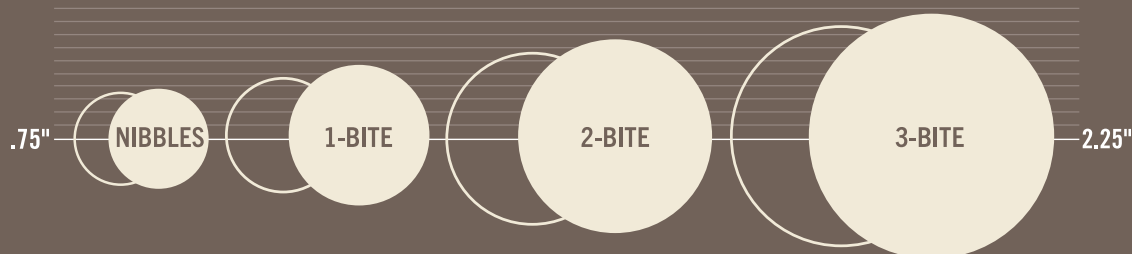
Nutrition, sizing and general information about our potatoes.

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## BITE-SIZE POTATO FACTS

### WHAT IS A BITE-SIZE POTATO?



Specially-developed, small variety known for their flavoring, creamy textures and thin skins. We call them bite-size because they are best scaled to what the average person can bite when eating these delights.

### WHAT'S IN A BITE-SIZE POTATO?

GLUTEN-FREE	NON-GMO	SOURCE OF POTASSIUM	LOW IN CALORIES
 <p>Potatoes are naturally gluten-free.</p>	 <p>Our products are NOT genetically modified.</p>	 <p>Potatoes are naturally filled with essential vitamins and minerals and a great source of potassium.</p>	 <p>Potatoes are naturally fat and cholesterol free and contain only 70-110 calories per serving.</p>

Bite-size potatoes are a vegetable packed with nutritional powers including Vitamin C, B6, Iron, Protein and provide more Potassium than a banana. Bite-size potatoes are a whole food, naturally gluten-free, high in fiber and rich in minerals with no additives or GMOs. Because they aren't refined or have sugar added, they are a complex carbohydrate (good carbs) that is absorbed slowly into the body and keeps you feeling fuller longer with energy to burn.

### ABOUT THE NUTRITION FACTS:

Nutrition information listed in this document might not match the information on the package you purchased— both are still accurate, just different. The nutrition information on some of our packaging is based on 148 grams per serving (average size of a medium russet potato and standardized by the USDA/FDA). We're in the process of switching them over to be 110 grams per serving. This serving size is more suitable for bite-size potatoes of varying sizes. In addition to the serving size change, all of our potatoes were analyzed to give you the most accurate nutritional information that we can provide.

**PLEASE NOTE:** Since potatoes within the packaging can vary slightly in size and density, the nutritional facts are based on an estimate of how many potatoes will be in the package, but does not account for potatoes that may have a higher density and account for more weight within any given package. To get the most accurate nutritional information, you'll want to look more at the 110 grams rather than the estimate of the number of potatoes.



## HONEY GOLD®

### Honey Gold® Nibbles®

Nutrition Facts	
Serving size about 15 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.8mg	4% • Potas. 610mg 15%
*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.	

### Honey Gold® 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.8mg	4% • Potas. 610mg 15%
*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.	

### Honey Gold® 2-Bite

Nutrition Facts	
Serving size about 3 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.8mg	4% • Potas. 610mg 15%
*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.	

### Honey Gold® 3-Bite

Nutrition Facts	
Serving size about 1 1/2 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.8mg	4% • Potas. 610mg 15%
*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.	

### Honey Gold® Vertical Mesh (3lb) & Mesh Bellyband (5lb)

Nutrition Facts	
Serving size about 1 1/2-3 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.8mg	4% • Potas. 610mg 15%
*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.	

## RUBY SENSATION®

### Ruby Sensation® Nibbles®

Nutrition Facts	
Serving size about 15 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.9mg	6% • Potas. 650mg 15%
*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.	

### Ruby Sensation® 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.9mg	6% • Potas. 650mg 15%
*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.	

### Ruby Sensation® 2-Bite

Nutrition Facts	
Serving size about 3 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.9mg	6% • Potas. 650mg 15%
*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.	

### Ruby Sensation® 3-Bite

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.9mg	6% • Potas. 650mg 15%
*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.	

### Ruby Sensation® Vertical Mesh (3lb) & Mesh Bellyband (5lb)

Nutrition Facts	
Serving size about 2-3 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0.9mg	6% • Potas. 650mg 15%
*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.	





## PURPLE PASSION™

### Purple Passion™ 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0mg	0% • Potas. 500mg 10%
*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.	

### Purple Passion™ 2-Bite

Nutrition Facts	
Serving size about 3 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0mg	0% • Potas. 500mg 10%
*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.	

### Purple Passion™ 3-Bite

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 0mg	0% • Potas. 500mg 10%
*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.	

## WHITE DELIGHTS

### White Delights 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 1.5mg	8% • Potas. 600mg 15%
*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.	

### White Delights 2-Bite

Nutrition Facts	
Serving size about 3 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 1.5mg	8% • Potas. 600mg 15%
*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.	

### White Delights 2-Bite

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0% • Calcium 10mg 0%
Iron 1.5mg	8% • Potas. 600mg 15%
*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.	



## SUNBURST BLEND™

### Sunburst Blend™ Nibbles®

Nutrition Facts	
Serving size about 15 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.8mg 4% • Potas. 630mg 15%	
*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.	

### Sunburst Blend™ 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.8mg 4% • Potas. 630mg 15%	
*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.	

### Sunburst Blend™ 2-Bite

Nutrition Facts	
Serving size about 3 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.8mg 4% • Potas. 630mg 15%	
*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.	

### Sunburst Blend™ 3-Bite

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.8mg 4% • Potas. 630mg 15%	
*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.	

## SUNRISE MEDLEY® / AMERICAN BLEND

### Sunrise Medley® Nibbles®

Nutrition Facts	
Serving size about 15 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	

### Sunrise Medley® 1-Bite

Nutrition Facts	
Serving size about 7 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	

### Sunrise Medley® 2-Bite

Nutrition Facts	
Serving size about 3-4 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	

### Sunrise Medley® 3-Bite

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	

### Sunrise Medley® Vertical Mesh (3lb) & Mesh Bellyband (5lb)

Nutrition Facts	
Serving size about 2-4 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	

### American Blend 2-Bite

Nutrition Facts	
Serving size about 3-4 potatoes (110g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 600mg 15%	
*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.	





## FINGERLINGS

### Gold Fingerling®

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg	0%
Iron 0.8mg	4%
Calcium 20mg	0%
Potas. 530mg	10%

\*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.

### Red Fingerling™

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0%
Iron 0.6mg	4%
Calcium 10mg	0%
Potas. 560mg	10%

\*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.

### Sunset Fingerlings™

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg	0%
Iron 0.7mg	4%
Calcium 10mg	0%
Potas. 550mg	10%

\*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.

## SWEETS & RUSSET

### Petite Sweet Potatoes

Nutrition Facts	
Serving size about 1 potato (110g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg	0%
Iron 0.8mg	4%
Calcium 50mg	4%
Potas. 380mg	8%

\*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.

### Mini Sweet Potatoes

Nutrition Facts	
Serving size about 2 potatoes (110g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg	0%
Iron 0.8mg	4%
Calcium 50mg	4%
Potas. 380mg	8%

\*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.

### Russet A-Size

Nutrition Facts	
Serving size about 1 potato (148g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg	0%
Iron 1.1mg	6%
Calcium 20mg	2%
Potas. 620mg	15%

\*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.



## SEASON & SAVOR® BITE-SIZE

### Country Skillet 2-Bite

Nutrition Facts			
about 4 Servings Per Container			
Serving size about 1/4 package (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (113g)	
Calories	80	100	
	% DV*	% DV*	
Total Fat	0.5g	1%	3.5g 4%
Saturated Fat	0.5g	3%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	5mg 2%
Sodium	450mg	20%	470mg 20%
Total Carb.	13g	5%	13g 5%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	2g		2g
Incl. Added Sugars	0g	0%	0g 0%
Protein	3g		3g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	49mg	4%	50mg 4%
Iron	1mg	6%	1mg 6%
Potassium	492mg	10%	492mg 10%
*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.			

### Garden Herb 2-Bite

Nutrition Facts			
about 4 Servings Per Container			
Serving size about 1/4 package (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (113g)	
Calories	70	100	
	% DV*	% DV*	
Total Fat	0g	0%	3g 4%
Saturated Fat	0g	0%	1.5g 8%
Trans Fat	0g		0g
Cholesterol	0mg	0%	5mg 2%
Sodium	180mg	8%	200mg 9%
Total Carb.	15g	5%	15g 5%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	1g		1g
Incl. Added Sugars	0g	0%	0g 0%
Protein	2g		2g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	32mg	2%	33mg 2%
Iron	1mg	6%	1mg 6%
Potassium	508mg	10%	509mg 10%
*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.			

### Loaded Potato 2-Bite

Nutrition Facts			
about 4 Servings Per Container			
Serving size about 1/4 package (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (113g)	
Calories	80	100	
	% DV*	% DV*	
Total Fat	0.5g	1%	3g 4%
Saturated Fat	0g	0%	2g 10%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	340mg	15%	360mg 16%
Total Carb.	13g	5%	13g 5%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	3g		3g
Incl. Added Sugars	0g	0%	0g 0%
Protein	3g		3g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	66mg	6%	67mg 6%
Iron	1mg	6%	1mg 6%
Potassium	498mg	10%	498mg 10%
*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.			

## SEASON & SAVOR® MINI SWEET POTATOES

### Brown Sugar Cinnamon Mini Sweet

Nutrition Facts			
about 3 Servings Per Container			
Serving size about 2 potatoes (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (114g)	
Calories	110	140	
	% DV*	% DV*	
Total Fat	0g	0%	4g 5%
Saturated Fat	0g	0%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	240mg	10%	260mg 11%
Total Carb.	24g	9%	24g 9%
Dietary Fiber	3g	11%	3g 11%
Total Sugars	7g		7g
Incl. Added Sugars	2g	4%	2g 4%
Protein	2g		2g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	40mg	4%	41mg 4%
Iron	1mg	6%	1mg 6%
Potassium	359mg	8%	360mg 8%
*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.			

### Maple Bourbon Mini Sweet

Nutrition Facts			
about 3 Servings Per Container			
Serving size about 2 potatoes (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (114g)	
Calories	110	140	
	% DV*	% DV*	
Total Fat	0g	0%	3.5g 4%
Saturated Fat	0g	0%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	290mg	13%	310mg 13%
Total Carb.	26g	9%	26g 9%
Dietary Fiber	3g	11%	3g 11%
Total Sugars	9g		9g
Incl. Added Sugars	5g	10%	5g 10%
Protein	2g		2g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	38mg	2%	39mg 4%
Iron	1mg	6%	1mg 6%
Potassium	359mg	8%	360mg 8%
*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.			

### Sea Salt & Balsamic Vinegar Mini Sweet

Nutrition Facts			
about 3 Servings Per Container			
Serving size about 2 potatoes (110g)			
	As Packaged (110g)	As Prepared with 1 tbsp butter (114g)	
Calories	100	140	
	% DV*	% DV*	
Total Fat	0g	0%	3.5g 4%
Saturated Fat	0g	0%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	700mg	30%	730mg 32%
Total Carb.	25g	9%	25g 9%
Dietary Fiber	3g	11%	3g 11%
Total Sugars	5g		5g
Incl. Added Sugars	0g	0%	0g 0%
Protein	2g		2g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	43mg	4%	44mg 4%
Iron	1mg	6%	1mg 6%
Potassium	359mg	8%	360mg 8%
*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.			