

Date: 11/2/2012

Time: 9:53 AM



Potatoes, Whole Irish

Hesston College

Author

Categories Potato

Tools Cake Pan 18x26", Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 9 can

Cook 40 minutes

Portion 3 oz

Num Portions 160

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 160

Amount Per Serving

Calories 183 Calories From Fat 43

% Daily Value

Total Fat 5g 7%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrates 32g 11%

Dietary Fiber 3g 13%

Protein 4g

Vitamin A 5% Vitamin C 59%

Calcium 2% Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Saturated Fat
Cholesterol Free
Low Sodium
High in Vitamin C
High in Potassium
Good Source of Carbohydrates
Good Source of Fiber