

# MOROCCAN SWEET POTATOES

## Nutrition Facts

16 Servings

### Amount Per Serving ½ pint

<b>Calories</b>	77.7
<b>Total Fat</b>	0.3 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	228.3 mg
<b>Potassium</b>	184.2 mg
<b>Total Carbohydrate</b>	17.9 g
Dietary Fiber	2.4 g
Sugars	0.0 g
<b>Protein</b>	1.4 g
Vitamin A	269.7 %
Vitamin B-12	0.0 %
Vitamin B-6	10.1 %
Vitamin C	28.7 %
Vitamin D	0.0 %
Vitamin E	1.3 %
Calcium	1.9 %
Copper	6.5 %
Folate	3.3 %
Iron	2.7 %
Magnesium	2.4 %
Manganese	13.8 %
Niacin	2.8 %
Pantothenic Acid	4.4 %
Phosphorus	2.6 %
Riboflavin	6.3 %
Selenium	0.9 %
Thiamin	3.8 %
Zinc	1.5 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.