

From: Pam Vandergroen
Sent: Thursday, February 25, 2010 1:47 PM
To: Pam Vandergroen
Subject: Emailing: SYSCO Corporation - eNutrition.htm



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Potato Pearl Excel

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SUPC: 3327848

Nutrition Information		
Serving Size: 23 g dry (23 grams)		
Amount Per Serving		
Calories: 90		Calories from Fat: 9
		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	400 MG	17%
Potassium:	NA	NA
Total Carbohydrate:	18 GM	6%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	2 GM	
Vitamin A: 0%	●	Vitamin C: 6%
Calcium: 0%	●	Iron: 0%
Thiamin: 8%	●	Riboflavin: 20%
Niacin: 6%	●	Vitamin B-6: 0%
Phosphorus: 4%	●	Zinc: 0%
Ingredients: Potatoes, Salt, Partially Hydrogenated Canola Oil, Mono and Diglycerides, Artificial Color, Natural and Artificial Flavor. Freshness preserved with Sodium Bisulfite and BHT. Contains Milk Ingredients.		

Calorie Percentages

	PRO - 8.99%
	CHO - 80.90%
	FAT - 10.11%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

