

FSTG Sweet Potato Chip

Nutrition Facts

1 servings per container

Serving size

1 bag (42g)

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1g **4%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 8g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 28g **10%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Sugar Alcohol 0g

Protein 2g

Vitamin D 0mcg **0%**

Calcium 40mg **2%**

Iron 0.8mg **4%**

Potassium 120mg **2%**

*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.