



# Sweet Potato & Yam Glaze

**Net Weight:** 2.0 ounces (57g)

**Ingredients:**

Sugar, corn starch-modified, salt, natural flavors, citric acid, caramel color.

## Nutrition Facts

**Serving Size** 2 1/2 tsp (11g)

**Servings Per Container** 5

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### Amount Per Serving

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**Calories** 40

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**% Daily Value\*\***

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**Total Fat** 0g **0%**

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**Sodium** 130mg **5%**

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**Total Carbohydrate** 11g **4%**

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**Sugars** 9g

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**Protein** 0g

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Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

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

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.