

**ORGANIC MICRODRIED® SWEET POTATO  
Vegetable Powder**



Analysis Name	Results	Units (per 100g)
Calories	369	Cal
Carbohydrates	83.53	g
Total Sugars	40.27	g
Sucrose	12.69	g
Dextrose	4.09	g
Fructose	2.38	g
Lactose	< 0.25	g
Maltose	21.11	g
Added Sugar	0	g
Total Fat	0.81	g
Trans Fat	< 0.01	g
Saturated Fat	0.31	g
Monounsaturated Fat	0.01	g
cis-cis Polyunsaturated Fat	0.49	g
Total Dietary Fiber	15.40	g
Cholesterol	< 1	mg
Protein	6.88	g
Vitamin A (Beta Carotene)	31,873.33	IU
Vitamin C	2.00	mg
Vitamin D	< 1	mcg
Calcium	119.47	mg
Iron	2.62	mg
Sodium	80.22	mg
Potassium	1213.11	mg
Ash	2.99	g

*Data obtained from multiple sources including testing and literature.  
Data is not lot specific and should not be considered a specification.*

**Milne MicroDried®**

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