



## STUFFED SWEET POTATO

# Nutrition Facts

1 serving per container

**Serving size** (339g)

**Amount Per Serving**

**Calories** **320**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 100mg **4%**

**Total Carbohydrate** 64g **23%**

Dietary Fiber 10g **36%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

**Protein** 8g

**Ingredients:** Sweet Potato, Corn, Black Beans, Bell Pepper, Olive Oil

**RONKONKOMA NY 11779**

**COOKING INSTRUCTIONS : REMOVE LABEL AND ANY CUPS/PACKETS,  
AND MICROWAVE FOR 90-120 SECONDS (UNTIL HOT)**