OPTAVIA

Honey Sweet Potatoes

with Brown Sugar and Indonesian Cinnamon 66613

Nutrition Facts

Serving Size 1 packet (31g)
Servings Per Container 7

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 280mg	**12%**
Potassium 440mg	**13%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 11g	**22%**

Vitamin A 50%	• Vitamin C 30%
Calcium 25%	• Iron 25%
Vitamin D 20%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folate 20%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 20%
Zinc 20%	• Selenium 25%
Copper 20%	• Manganese 20%
Chromium 20%	• Molybdenum 20%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dehydrated potatoes, milk protein concentrate, whey protein isolate, gum arabic, organic sweet potato powder*, calcium caseinate, nonfat milk, salt, maltodextrin, guar gum, potato starch, honey, brown sugar, tapioca dextrin, cinnamon, xanthan gum, carrageenan, sunflower lecithin, natural flavors, whey, mono and diglycerides, enzyme modified butter, stevia extract, annatto extract, dehydrated butter, bacillus coagulans GBI-30 6086.
Vitamins and Minerals: Potassium phosphate, potassium chloride, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).
*9% organic ingredients
CONTAINS: MILK.

refore, the ingredient label on the package is always the best source for that specific item.