



## Simply Potato Dice

### Nutritional Info

		Unrestricted	Unrestricted	3 days per week
NUTRITION INFORMATION		Per 100g Frozen	Per 100g Oven Baked	Per 100g Oven Baked with Sunflower Oil as directed
Energy	kJ	306	476	552
	kcal	72	112	130
Protein	g	1.7	2.7	2.8
Carbohydrate	g	16.1	25.1	25.0
of which sugars	g	0.6	1.3	0.6
Fat	g	0.1	0.1	2.2
of which saturates	g	<0.1	0.1	0.2
Fibre	g	2.0	3.3	3.2
Sodium	g	0.03	0.03	0.04
equivalent as salt	g	0.1	0.1	0.1
Vitamin A	µg	<20	<20	<20
Vitamin C	mg	9	3	2
Folic Acid	µg	19	18	17
Iron	mg	<0.5	<0.5	<0.5
Zinc	mg	<0.5	<0.5	<0.5
Calcium	mg	10	17	18

Nutrient values declared with a '<' sign represent the minimum detectable analysis limits.