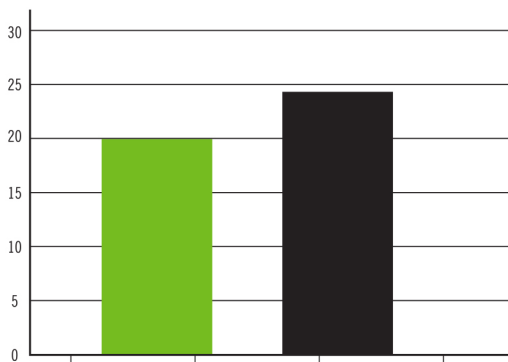


NutriSpud Balance™/MC FUEL YOUR DAY™/MC



WHY ARE NUTRISPUD BALANCE POTATOES UNIQUE?

NutriSpud™ Balance potatoes contain 20 g of carbohydrates per 150 g serving. This golden-fleshed variety has smooth, thin skin that doesn't need to be peeled, saving you time in the kitchen. With a natural buttery flavour, there is no need to add heavy toppings. Try these golden delights mashed or in your favourite casserole.



Grams of carbohydrates per 150 g serving / Grammes de glucides par portion de 150 g

NutriSpud Balance™ Potato
Pomme de terre NutriSpud Balance™/MC

Standard Potato*
Pomme de terre standard*

Standard potato is the Russet Burbank variety.
La pomme de terre standard est la Russet Burbank.



NUTRISPUD BALANCE

- Seasonal availability
- Canada No. 1
Product of Canada:
7 77586 70019 7
- Canada No. 1 Small
(1 1/2" - 2 1/4")
Product of Canada:
7 77586 70020 3
- 3-lb light-blocking bag

- ✓ Good Source of Vitamin C
- ✓ Good Source of Potassium
- ✓ Fat-Free
- ✓ Gluten-Free

Nutrition Facts Valeur nutritive

Per 1 potato (150 g)
Par 1 pomme de terre (150 g)

Calories 90	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Polyunsaturated / polyinsaturés 0 g	
Omega-6 / oméga-6 0 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 650 mg	14 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %
Vitamin C / Vitamine C 27 g	30 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

