

Nutrition Facts

Per (285 g)

Calories 470

% Daily Value*

Fat 21 g 28 %
Saturated 5 g 28 %
+ Trans 0.4 g

Carbohydrate 63 g
Fibre 7 g 24 %
Sugars 1 g 1 %

Protein 7 g

Cholesterol 0 mg

Sodium 1080 mg 47 %

Potassium 1100 mg 23 %

Calcium 40 mg 3 %

Iron 2 mg 11 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Potato, french-fried, wedge cut, frozen, unprepared

Contains: Wheat