



CANDIED YAMS

Brown Sugar, Cinnamon & Nutmeg
Premium Quality & Taste

NET WT
16 OZ
(454g)



MAKE IT SPECIAL WITH S&W™

S&W® Candied Yams (Sweet Potatoes) come from the best of the crop to bring you unsurpassed, premium quality. Candied Yams are rich in Vitamin A and a good source of fiber.

Nutrition Facts

Serving Size 1/2 cup (141g)

Servings Per Container about 3

Amount/Serving

Calories 170 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 46g **15%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 2g

Vitamin A 40% • Vitamin C 8%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: YAMS (SWEET POTATOES), WATER, CORN SYRUP, SUGAR, BROWN SUGAR, MODIFIED FOOD STARCH, SALT, CINNAMON, NUTMEG.

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QUESTIONS OR COMMENTS? CALL 800-252-7033 (MON.-FRI.). REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

SERVING SUGGESTIONS

*Try making
Glazed Pineapple Yams.
This recipe and more
available at
WWW.SWFINEFOODS.COM*



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