

Basic Report 11392, Potatoes, hash brown, frozen, with butter sauce, unprepared

Report Date: January 26, 2015 20:05 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 package (6 oz) 170g
Proximates			
Water	g	72.51	123.27
Energy	kcal	135	230
Protein	g	1.87	3.18
Total lipid (fat)	g	6.66	11.32
Carbohydrate, by difference	g	18.28	31.08
Fiber, total dietary	g	2.9	4.9
Minerals			
Calcium, Ca	mg	25	42
Iron, Fe	mg	0.75	1.28
Magnesium, Mg	mg	11	19
Phosphorus, P	mg	29	49
Potassium, K	mg	248	422
Sodium, Na	mg	77	131
Zinc, Zn	mg	0.25	0.42
Vitamins			
Vitamin C, total ascorbic acid	mg	5.7	9.7
Thiamin	mg	0.053	0.090
Riboflavin	mg	0.025	0.042
Niacin	mg	1.133	1.926
Vitamin B-6	mg	0.212	0.360
Folate, DFE	µg	12	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	19	32
Vitamin A, IU	IU	84	143
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	2.556	4.345
Fatty acids, total monounsaturated	g	2.386	4.056
Fatty acids, total polyunsaturated	g	1.374	2.336