

**Basic Report 11934, Potatoes, mashed, home-prepared, whole milk and butter added [a](#)**

Report Date: January 24, 2015 22:48 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 cup 210g
<b>Proximates</b>			
Water	g	75.61	158.78
Energy	kcal	113	237
Protein	g	1.86	3.91
Total lipid (fat)	g	4.22	8.86
Carbohydrate, by difference	g	16.81	35.30
Fiber, total dietary	g	1.5	3.2
Sugars, total	g	1.43	3.00
<b>Minerals</b>			
Calcium, Ca	mg	24	50
Iron, Fe	mg	0.26	0.55
Magnesium, Mg	mg	18	38
Phosphorus, P	mg	45	94
Potassium, K	mg	284	596
Sodium, Na	mg	317	666
Zinc, Zn	mg	0.27	0.57
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	6.0	12.6
Thiamin	mg	0.086	0.181
Riboflavin	mg	0.041	0.086
Niacin	mg	1.072	2.251
Vitamin B-6	mg	0.222	0.466
Folate, DFE	µg	8	17
Vitamin B-12	µg	0.07	0.15
Vitamin A, RAE	µg	38	80
Vitamin A, IU	IU	138	290
Vitamin E (alpha-tocopherol)	mg	0.12	0.25

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 210g</b>
Vitamin D (D2 + D3)	µg	0.2	0.4
Vitamin D	IU	10	21
Vitamin K (phylloquinone)	µg	2.0	4.2
<b>Lipids</b>			
Fatty acids, total saturated	g	2.613	5.487
Fatty acids, total monounsaturated	g	1.070	2.247
Fatty acids, total polyunsaturated	g	0.199	0.418
Cholesterol	mg	11	23
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

<sup>a</sup> Recipe: Potatoes, 80%; whole milk, 14%; butter, 5%; and salt, 1%.