

Basic Report 11356, Potatoes, Russet, flesh and skin, baked
Report Date: September 24, 2019 05:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 potato large (3" to 4-1/4" dia. 299g	1 potato medium (2-1/4" to 3-1/4" dia.) 173g	1 potato small (1-3/4" to 2-1/2" dia.) 138g
Proximates					
Water	g	74.45	222.61	128.80	102.74
Energy	kcal	95	284	164	131
Protein	g	2.63	7.86	4.55	3.63
Total lipid (fat)	g	0.13	0.39	0.22	0.18
Carbohydrate, by difference	g	21.44	64.11	37.09	29.59
Fiber, total dietary	g	2.3	6.9	4.0	3.2
Sugars, total	g	1.08	3.23	1.87	1.49
Minerals					
Calcium, Ca	mg	18	54	31	25
Iron, Fe	mg	1.07	3.20	1.85	1.48
Magnesium, Mg	mg	30	90	52	41
Phosphorus, P	mg	71	212	123	98
Potassium, K	mg	550	1644	952	759
Sodium, Na	mg	14	42	24	19
Zinc, Zn	mg	0.35	1.05	0.61	0.48
Vitamins					
Vitamin C, total ascorbic acid	mg	8.3	24.8	14.4	11.5
Thiamin	mg	0.067	0.200	0.116	0.092
Riboflavin	mg	0.048	0.144	0.083	0.066
Niacin	mg	1.348	4.031	2.332	1.860
Vitamin B-6	mg	0.354	1.058	0.612	0.489
Folate, DFE	µg	26	78	45	36
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	3	2	1
Vitamin A, IU	IU	10	30	17	14
Vitamin E (alpha-tocopherol)	mg	0.07	0.21	0.12	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	2.0	6.0	3.5	2.8
Lipids					
Fatty acids, total saturated	g	0.032	0.096	0.055	0.044
Fatty acids, total monounsaturated	g	0.003	0.009	0.005	0.004
Fatty acids, total polyunsaturated	g	0.054	0.161	0.093	0.075
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0