

Basic Report 11365, Potatoes, boiled, cooked in skin, flesh, without salt

Report Date: July 16, 2019 15:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 78g	1 potato (2-1/2" dia, sphere) 136g
Proximates				
Water	g	76.98	60.04	104.69
Energy	kcal	87	68	118
Protein	g	1.87	1.46	2.54
Total lipid (fat)	g	0.10	0.08	0.14
Carbohydrate, by difference	g	20.13	15.70	27.38
Fiber, total dietary	g	1.8	1.4	2.4
Sugars, total	g	0.91	0.71	1.24
Minerals				
Calcium, Ca	mg	5	4	7
Iron, Fe	mg	0.31	0.24	0.42
Magnesium, Mg	mg	22	17	30
Phosphorus, P	mg	44	34	60
Potassium, K	mg	379	296	515
Sodium, Na	mg	4	3	5
Zinc, Zn	mg	0.30	0.23	0.41
Vitamins				
Vitamin C, total ascorbic acid	mg	13.0	10.1	17.7
Thiamin	mg	0.106	0.083	0.144
Riboflavin	mg	0.020	0.016	0.027
Niacin	mg	1.439	1.122	1.957
Vitamin B-6	mg	0.299	0.233	0.407
Folate, DFE	µg	10	8	14
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	3	2	4
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.2	1.7	3.0
Lipids				
Fatty acids, total saturated	g	0.026	0.020	0.035
Fatty acids, total monounsaturated	g	0.002	0.002	0.003
Fatty acids, total polyunsaturated	g	0.043	0.034	0.058
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0