

## Basic Report 21138, Fast foods, potato, french fried in vegetable oil

Report Date: August 18, 2019 04:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving small 71g	1 serving medium 117g	1 serving large 154g
<b>Proximates</b>					
Water	g	38.55	27.37	45.10	59.37
Energy	kcal	312	222	365	480
Protein	g	3.43	2.44	4.01	5.28
Total lipid (fat)	g	14.73	10.46	17.23	22.68
Carbohydrate, by difference	g	41.44	29.42	48.48	63.82
Fiber, total dietary	g	3.8	2.7	4.4	5.9
Sugars, total	g	0.30	0.21	0.35	0.46
<b>Minerals</b>					
Calcium, Ca	mg	18	13	21	28
Iron, Fe	mg	0.81	0.58	0.95	1.25
Magnesium, Mg	mg	35	25	41	54
Phosphorus, P	mg	125	89	146	192
Potassium, K	mg	579	411	677	892
Sodium, Na	mg	210	149	246	323
Zinc, Zn	mg	0.50	0.35	0.58	0.77
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	4.7	3.3	5.5	7.2
Thiamin	mg	0.170	0.121	0.199	0.262
Riboflavin	mg	0.039	0.028	0.046	0.060
Niacin	mg	3.004	2.133	3.515	4.626
Vitamin B-6	mg	0.372	0.264	0.435	0.573
Folate, DFE	µg	30	21	35	46
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.67	1.19	1.95	2.57

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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	11.2	8.0	13.1	17.2
<b>Lipids</b>					
Fatty acids, total saturated	g	2.336	1.659	2.733	3.597
Fatty acids, total monounsaturated	g	5.969	4.238	6.984	9.192
Fatty acids, total polyunsaturated	g	5.398	3.833	6.316	8.313
Fatty acids, total trans	g	0.060	0.043	0.070	0.092
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0