

Basic Report 11352, Potatoes, flesh and skin, raw

Report Date: September 20, 2019 01:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, diced 75g	1 Potato large (3" to 4-1/4" dia) 369g	1 Potato medium (2-1/4" to 3-1/4" dia) 213g	1 Potato small (1-3/4" to 2-1/2" dia) 170g
Proximates						
Water	g	79.25	59.44	292.43	168.80	134.72
Energy	kcal	77	58	284	164	131
Protein	g	2.05	1.54	7.56	4.37	3.48
Total lipid (fat)	g	0.09	0.07	0.33	0.19	0.15
Carbohydrate, by difference	g	17.49	13.12	64.54	37.25	29.73
Fiber, total dietary	g	2.1	1.6	7.7	4.5	3.6
Sugars, total	g	0.82	0.61	3.03	1.75	1.39
Minerals						
Calcium, Ca	mg	12	9	44	26	20
Iron, Fe	mg	0.81	0.61	2.99	1.73	1.38
Magnesium, Mg	mg	23	17	85	49	39
Phosphorus, P	mg	57	43	210	121	97
Potassium, K	mg	425	319	1568	905	722
Sodium, Na	mg	6	4	22	13	10
Zinc, Zn	mg	0.30	0.23	1.11	0.64	0.51
Vitamins						
Vitamin C, total ascorbic acid	mg	19.7	14.8	72.7	42.0	33.5
Thiamin	mg	0.081	0.061	0.299	0.173	0.138
Riboflavin	mg	0.032	0.024	0.118	0.068	0.054
Niacin	mg	1.061	0.796	3.915	2.260	1.804
Vitamin B-6	mg	0.298	0.223	1.100	0.635	0.507
Folate, DFE	µg	15	11	55	32	26
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	2	2	7	4	3
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.04	0.02	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.0	1.5	7.4	4.3	3.4
Lipids						
Fatty acids, total saturated	g	0.025	0.019	0.092	0.053	0.043
Fatty acids, total monounsaturated	g	0.002	0.002	0.007	0.004	0.003
Fatty acids, total polyunsaturated	g	0.042	0.032	0.155	0.089	0.071
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0