

## Basic Report 11352, Potatoes, flesh and skin, raw

Report Date: September 23, 2017 16:02 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 0.5 cup, diced<br>75g | 1 Potato large (3" to 4-1/4"<br>dia)<br>369g | 1 Potato medium (2-1/4" to<br>3-1/4" dia)<br>213g | 1 Potato small (1-3/4" to<br>2-1/2" dia)<br>170g |
|--------------------------------|------|------------------------|-----------------------|--|---|--|
| <b>Proximates</b>              |      |                        |                       |  |   |  |
| 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   |
| <b>Minerals</b>                |      |                        |                       |  |   |  |
| 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   |
| <b>Vitamins</b>                |      |                        |                       |  |   |  |
| 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  |
| <b>Lipids</b>                      |      |                        |                       |  |   |  |
| 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  |
| <b>Amino Acids</b>                 |      |                        |                       |  |   |  |
| <b>Other</b>                       |      |                        |                       |  |   |  |
| Caffeine                           | mg   | 0                      | 0                     | 0  | 0   | 0  |