

Full Report (All Nutrients) 11352, Potatoes, flesh and skin, raw

Report Date: September 15, 2019 12:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Refuse:25% Refuse Description: Parings and trimmings

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1 2	g	79.25	11	0.370	59.44	292.43	168.80	134.72
Energy	kcal	77	--	--	58	284	164	131
Energy	kJ	322	--	--	242	1188	686	547
Protein 1 2	g	2.05	11	0.040	1.54	7.56	4.37	3.48
Total lipid (fat) 1 2	g	0.09	11	0.010	0.07	0.33	0.19	0.15
Ash 1 2	g	1.11	11	0.090	0.83	4.10	2.36	1.89
Carbohydrate, by difference	g	17.49	--	--	13.12	64.54	37.25	29.73
Fiber, total dietary 1	g	2.1	5	--	1.6	7.7	4.5	3.6
Sugars, total 1	g	0.82	5	--	0.61	3.03	1.75	1.39
Sucrose 1 2	g	0.17	11	0.020	0.13	0.63	0.36	0.29
Glucose (dextrose) 1 2	g	0.31	11	0.040	0.23	1.14	0.66	0.53
Fructose 1 2	g	0.26	11	0.030	0.20	0.96	0.55	0.44
Lactose 1 2	g	0.00	11	0.000	0.00	0.00	0.00	0.00
Maltose 1 2	g	0.00	11	0.000	0.00	0.00	0.00	0.00
Galactose 1	g	0.00	5	--	0.00	0.00	0.00	0.00
Starch 1 2	g	15.29	11	1.520	11.47	56.42	32.57	25.99
Minerals								
Calcium, Ca 1 2	mg	12	11	1.000	9	44	26	20
Iron, Fe 1 2	mg	0.81	11	0.050	0.61	2.99	1.73	1.38
Magnesium, Mg 1 2	mg	23	11	0.000	17	85	49	39

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Phosphorus, P 1 2	mg	57	11	1.000	43	210	121	97
Potassium, K 1 2	mg	425	11	14.000	319	1568	905	722
Sodium, Na	mg	6	73	0.000	4	22	13	10
Zinc, Zn 1 2	mg	0.30	11	0.003	0.23	1.11	0.64	0.51
Copper, Cu 1 2	mg	0.110	11	0.017	0.083	0.406	0.234	0.187
Manganese, Mn 1 2	mg	0.153	11	0.027	0.115	0.565	0.326	0.260
Selenium, Se 1	µg	0.4	2	--	0.3	1.5	0.9	0.7
Vitamins								
Vitamin C, total ascorbic acid	mg	19.7	141	0.700	14.8	72.7	42.0	33.5
Thiamin 1 2	mg	0.081	11	0.006	0.061	0.299	0.173	0.138
Riboflavin 1 2	mg	0.032	11	0.013	0.024	0.118	0.068	0.054
Niacin 1 2	mg	1.061	10	0.035	0.796	3.915	2.260	1.804
Pantothenic acid 1 2	mg	0.295	11	0.037	0.221	1.089	0.628	0.501
Vitamin B-6 1 2	mg	0.298	11	0.153	0.223	1.100	0.635	0.507
Folate, total 1 2	µg	15	11	3.000	11	55	32	26
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	15	11	3.000	11	55	32	26
Folate, DFE	µg	15	--	--	11	55	32	26
Choline, total	mg	12.1	--	--	9.1	44.6	25.8	20.6
Betaine	mg	0.2	--	--	0.1	0.7	0.4	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE 2	µg	0	--	--	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta 1 2	µg	1	11	0.000	1	4	2	2
Carotene, alpha 1 2	µg	0	11	0.000	0	0	0	0
Cryptoxanthin, beta 1 2	µg	0	11	0.000	0	0	0	0
Vitamin A, IU	IU	2	--	--	2	7	4	3
Lycopene 1 2	µg	0	11	0.000	0	0	0	0
Lutein + zeaxanthin 1	µg	9	10	2.000	7	33	19	15
Vitamin E (alpha-tocopherol) 1	mg	0.01	2	--	0.01	0.04	0.02	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00

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Tocopherol, beta 1	mg	0.00	2	--	0.00	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	2	--	0.00	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.00	2	--	0.00	0.00	0.00	0.00
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) 1 2	µg	2.0	11	0.600	1.5	7.4	4.3	3.4
Lipids								
Fatty acids, total saturated	g	0.025	--	--	0.019	0.092	0.053	0.043
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.001	6	--	0.001	0.004	0.002	0.002
12:0	g	0.003	6	--	0.002	0.011	0.006	0.005
14:0	g	0.001	18	--	0.001	0.004	0.002	0.002
16:0	g	0.016	59	--	0.012	0.059	0.034	0.027
18:0	g	0.004	59	--	0.003	0.015	0.009	0.007
Fatty acids, total monounsaturated	g	0.002	--	--	0.002	0.007	0.004	0.003
16:1 undifferentiated	g	0.001	37	--	0.001	0.004	0.002	0.002
18:1 undifferentiated	g	0.001	59	--	0.001	0.004	0.002	0.002
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.042	--	--	0.032	0.155	0.089	0.071
18:2 undifferentiated	g	0.032	59	--	0.024	0.118	0.068	0.054
18:3 undifferentiated	g	0.010	59	--	0.007	0.037	0.021	0.017
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Tryptophan 1 2	g	0.021	--	--	0.016	0.077	0.045	0.036

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Threonine 1 2	g	0.067	--	--	0.050	0.247	0.143	0.114
Isoleucine 1 2	g	0.066	--	--	0.050	0.244	0.141	0.112
Leucine 1 2	g	0.098	--	--	0.074	0.362	0.209	0.167
Lysine 1 2	g	0.107	--	--	0.080	0.395	0.228	0.182
Methionine 1 2	g	0.032	--	--	0.024	0.118	0.068	0.054
Cystine 1 2	g	0.024	--	--	0.018	0.089	0.051	0.041
Phenylalanine 1	g	0.081	--	--	0.061	0.299	0.173	0.138
Tyrosine 1 2	g	0.048	--	--	0.036	0.177	0.102	0.082
Valine 1 2	g	0.103	--	--	0.077	0.380	0.219	0.175
Arginine 1 2	g	0.101	--	--	0.076	0.373	0.215	0.172
Histidine 1 2	g	0.035	--	--	0.026	0.129	0.075	0.060
Alanine 1 2	g	0.063	--	--	0.047	0.232	0.134	0.107
Aspartic acid 1 2	g	0.480	--	--	0.360	1.771	1.022	0.816
Glutamic acid 1 2	g	0.351	--	--	0.263	1.295	0.748	0.597
Glycine 1 2	g	0.057	--	--	0.043	0.210	0.121	0.097
Proline 1 2	g	0.063	--	--	0.047	0.232	0.134	0.107
Serine 1 2	g	0.074	--	--	0.056	0.273	0.158	0.126
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Anthocyanidins								
Cyanidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Petunidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Delphinidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Malvidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Pelargonidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Peonidin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Flavan-3-ols								
(+)-Catechin 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0

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(-)-Epicatechin 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0
(+)-Gallocatechin 3 4	mg	0.0	13	0	0.0	0.0	0.0	0.0
Flavanones								
Hesperetin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Naringenin 3	mg	0.0	9	0	0.0	0.0	0.0	0.0
Flavones								
Apigenin 3 5	mg	0.0	10	0	0.0	0.0	0.0	0.0
Luteolin 3 5 6	mg	0.0	7	0	0.0	0.0	0.0	0.0
Flavonols								
Kaempferol 5 6 7	mg	0.8	3	0.77	0.6	3.0	1.7	1.4
Myricetin 3 5 6	mg	0.0	11	0	0.0	0.0	0.0	0.0
Quercetin 3 5 6 7	mg	0.7	12	0.29	0.5	2.6	1.5	1.2
Isoflavones								
Daidzein 8 9	mg	0.00	2	--	0.00	0.00	0.00	0.00
Genistein 8 9	mg	0.00	2	--	0.00	0.00	0.00	0.00
Total isoflavones 8 9	mg	0.00	2	--	0.00	0.00	0.00	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L, 2001 Beltsville MD

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Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1218 POTATO
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL

- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION