

Basic Report 11379, Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

Report Date: December 11, 2017 23:35 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Proximates			
Water	g	81.20	170.52
Energy	kcal	97	204
Protein	g	1.77	3.72
Total lipid (fat)	g	5.13	10.77
Carbohydrate, by difference	g	10.87	22.83
Fiber, total dietary	g	0.8	1.7
Sugars, total	g	1.61	3.38
Minerals			
Calcium, Ca	mg	32	67
Iron, Fe	mg	0.16	0.34
Magnesium, Mg	mg	11	23
Phosphorus, P	mg	39	82
Potassium, K	mg	164	344
Sodium, Na	mg	164	344
Zinc, Zn	mg	0.18	0.38
Vitamins			
Vitamin C, total ascorbic acid	mg	9.7	20.4
Thiamin	mg	0.130	0.273
Riboflavin	mg	0.054	0.113
Niacin	mg	0.776	1.630
Vitamin B-6	mg	0.098	0.206
Folate, DFE	µg	7	15
Vitamin B-12	µg	0.11	0.23
Vitamin A, RAE	µg	47	99
Vitamin A, IU	IU	172	361
Vitamin E (alpha-tocopherol)	mg	0.14	0.29

Nutrient	Unit	1 Value Per100 g	1 cup 210g
Vitamin D (D2 + D3)	µg	0.3	0.6
Vitamin D	IU	12	25
Vitamin K (phylloquinone)	µg	1.5	3.1
Lipids			
Fatty acids, total saturated	g	3.191	6.701
Fatty acids, total monounsaturated	g	1.310	2.751
Fatty acids, total polyunsaturated	g	0.222	0.466
Fatty acids, total trans	g	0.175	0.367
Cholesterol	mg	14	29
Amino Acids			
Other			
Caffeine	mg	0	0