

Basic Report 11403, Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Report Date: May 28, 2017 20:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	10.0 fries 76g	1 package (9 oz), yields 198g
Proximates				
Water	g	64.44	48.97	127.59
Energy	kcal	158	120	313
Protein	g	2.75	2.09	5.45
Total lipid (fat)	g	5.48	4.16	10.85
Carbohydrate, by difference	g	25.55	19.42	50.59
Fiber, total dietary	g	2.0	1.5	4.0
Sugars, total	g	0.37	0.28	0.73
Minerals				
Calcium, Ca	mg	12	9	24
Iron, Fe	mg	0.57	0.43	1.13
Magnesium, Mg	mg	24	18	48
Phosphorus, P	mg	87	66	172
Potassium, K	mg	478	363	946
Sodium, Na	mg	324	246	642
Zinc, Zn	mg	0.35	0.27	0.69
Vitamins				
Vitamin C, total ascorbic acid	mg	8.6	6.5	17.0
Thiamin	mg	0.130	0.099	0.257
Riboflavin	mg	0.032	0.024	0.063
Niacin	mg	2.077	1.579	4.112
Vitamin B-6	mg	0.261	0.198	0.517
Folate, DFE	µg	23	17	46
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	5	4	10
Vitamin E (alpha-tocopherol)	mg	0.39	0.30	0.77

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	7.4	5.6	14.7
Lipids				
Fatty acids, total saturated	g	0.848	0.644	1.679
Fatty acids, total monounsaturated	g	1.874	1.424	3.711
Fatty acids, total polyunsaturated	g	1.502	1.142	2.974
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0