

**Basic Report 11411, Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased [a](#)**

**Report Date: September 20, 2019 01:30 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	10.0 strip 153g
<b>Proximates</b>			
Water	g	69.29	106.01
Energy	kcal	130	199
Protein	g	2.19	3.35
Total lipid (fat)	g	3.39	5.19
Carbohydrate, by difference	g	23.51	35.97
Fiber, total dietary	g	1.9	2.9
Sugars, total	g	0.20	0.31
<b>Minerals</b>			
Calcium, Ca	mg	9	14
Iron, Fe	mg	0.65	0.99
Magnesium, Mg	mg	21	32
Phosphorus, P	mg	78	119
Potassium, K	mg	400	612
Sodium, Na	mg	317	485
Zinc, Zn	mg	0.36	0.55
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	18.4	28.2
Thiamin	mg	0.098	0.150
Riboflavin	mg	0.072	0.110
Niacin	mg	2.005	3.068
Vitamin B-6	mg	0.168	0.257
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	4	6
Vitamin E (alpha-tocopherol)	mg	0.08	0.12

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>10.0 strip 153g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.8	2.8
<b>Lipids</b>			
Fatty acids, total saturated	g	0.688	1.053
Fatty acids, total monounsaturated	g	2.025	3.098
Fatty acids, total polyunsaturated	g	0.218	0.334
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

<sup>a</sup> Primarily retail consumer product