

Full Report (All Nutrients) 45181287, WHITE POTATOES, UPC: 019260000460
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Report Date: August 25, 2019 02:59 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	1 POTATO 148g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	110	74
Protein	g	--	--	3.00	2.03
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	26.00	17.57
Fiber, total dietary	g	--	--	2.1	1.4
Sugars, total	g	--	--	1.01	0.68
Minerals					
Calcium, Ca	mg	--	--	21	14
Iron, Fe	mg	--	--	1.08	0.73
Magnesium, Mg	mg	--	--	24	16
Phosphorus, P	mg	--	--	61	41
Potassium, K	mg	--	--	620	419
Sodium, Na	mg	--	--	0	0
Zinc, Zn	mg	--	--	0.30	0.20
Copper, Cu	mg	--	--	0.080	0.054
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	26.9	18.2
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.034	0.023
Niacin	mg	--	--	1.600	1.081
Vitamin B-6	mg	--	--	0.200	0.135
Vitamin A, IU	IU	--	--	0	0

Nutrient	Unit	Data points	Std. Error	1 POTATO 148g	1 Value Per100 g
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

WHITE POTATOES. *Date Available:* 07/14/2017 *Date Last Updated by Company:* 07/14/2017