

Basic Report 31028, Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared

Report Date: July 25, 2017 12:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	78.34	66.59
Energy	kcal	81	69
Protein	g	2.04	1.73
Total lipid (fat)	g	0.07	0.06
Carbohydrate, by difference	g	17.98	15.28
Fiber, total dietary	g	2.0	1.7
Sugars, total	g	0.23	0.20
Minerals			
Calcium, Ca	mg	9	8
Iron, Fe	mg	0.31	0.26
Potassium, K	mg	398	338
Sodium, Na	mg	330	280
Vitamins			
Vitamin C, total ascorbic acid	mg	7.8	6.6
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.010	0.009
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			