

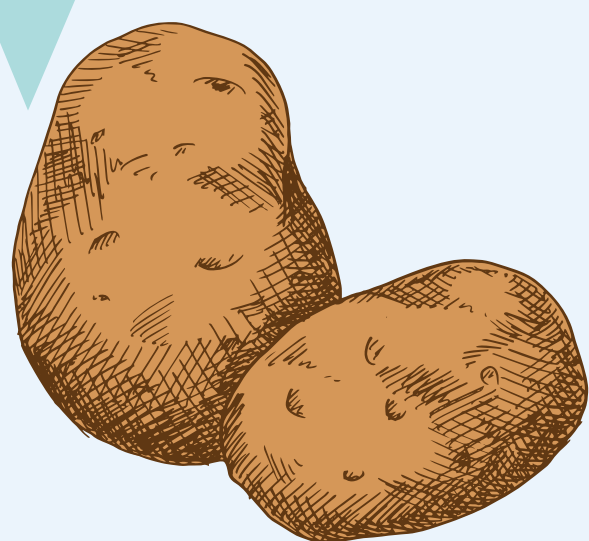


# POTATO NUTRITION FACTS

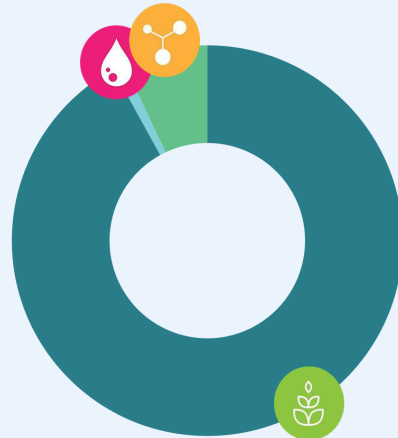


## CALORIES 77/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	17.49 G	NIACIN	1.061 MG
FAT	0.09 G	VITAMIN A	0.00
PROTEIN	2.05 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.298 MG
FIBER	2.1 G	VITAMIN C	19.7 MG
RIBOFLAVIN	0.032 MG	VITAMIN D	0.00
SODIUM, NA	6 MG	FOLATE	15 MCG
THIAMIN	0.081 MG		

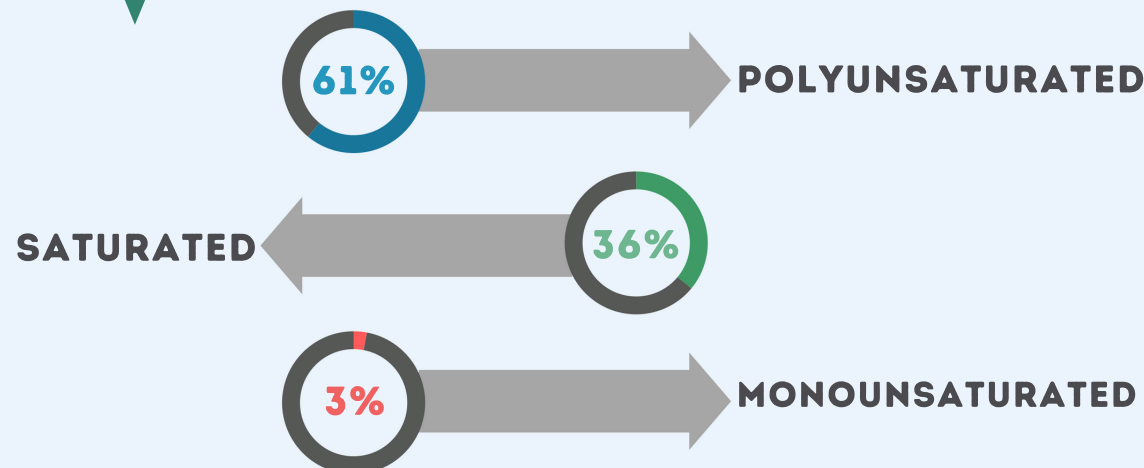


### CALORIES BY SOURCE



- CARBOHYDRATE 92%
- FAT 1%
- PROTEIN 7%

### FATS AND FATTY ACIDS



### POTATO OTHER NAMES

- SOLANUM TUBEROSUM
- TATER
- SPUD
- MURPHY

### MINERALS IN POTATO

12 MG CALCIUM, CA 1 % (DV)

0.110 MG COPPER, CU 12 % (DV)

0.81 MG IRON, FE 4 % (DV)

23 MG MAGNESIUM, MG 6 % (DV)

0.4 MCG SELENIUM, SE 1 % (DV)

57 MG PHOSPHORUS, P 8 % (DV)

425 MG POTASSIUM, K 9 % (DV)

0.30 MG ZINC, ZN 3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.