



# PURPLE POTATO NUTRITION FACTS



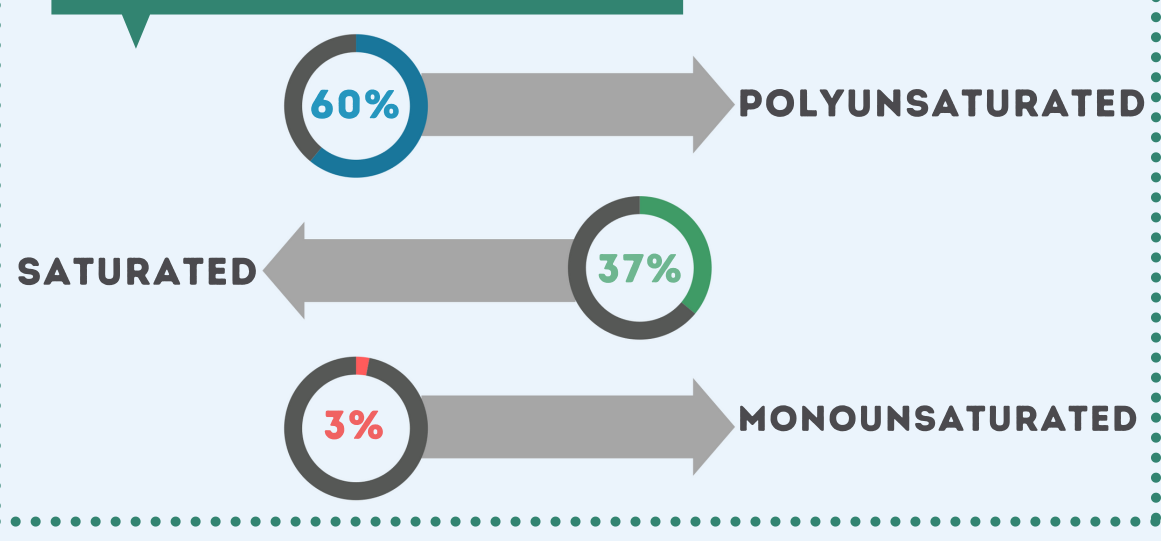
## CALORIES 77/100GM

	AMOUNT
CARBOHYDRATE	17.6 G
FAT	0.06 G
PROTEIN	2.05 G
CHOLESTEROL	0.00
FIBER	1.3 G
RIBOFLAVIN	0.02 MG
SODIUM, NA	6 MG
THIAMIN	0.133 MG

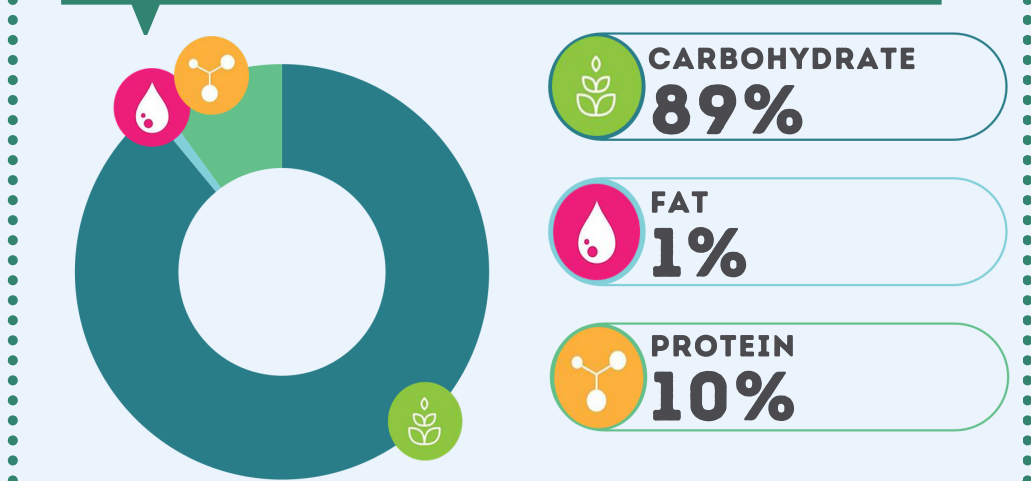
	AMOUNT
NIACIN	1.200 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.306 MG
VITAMIN C	8.4 MG
VITAMIN D	0.00
FOLATE	10 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### PURPLE POTATO OTHER NAMES

- SOLANUM TUBEROSUM
- VITELLOTTE POTATO
- VITELLOTTE NOIRE
- VITELLOTTE
- VIOLET POTATO
- BLUE POTATO
- TRUFFE DE CHINE
- PERUVIAN PURPLE POTATOES

### MINERALS IN PURPLE POTATO

11 MG	CALCIUM, CA	1 % (DV)
0.19 MG	COPPER, CU	21 % (DV)
0.36 MG	IRON, FE	2 % (DV)
22 MG	MAGNESIUM, MG	5 % (DV)
0.14 MG	MANGANESE, MN	6 % (DV)
61 MG	PHOSPHORUS, P	7 % (DV)
376 MG	POTASSIUM, K	8 % (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.