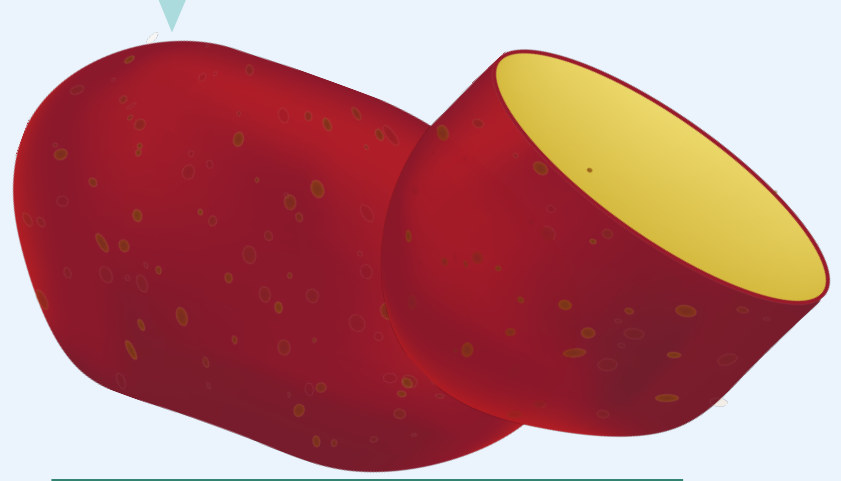


# RED POTATO NUTRITION FACTS

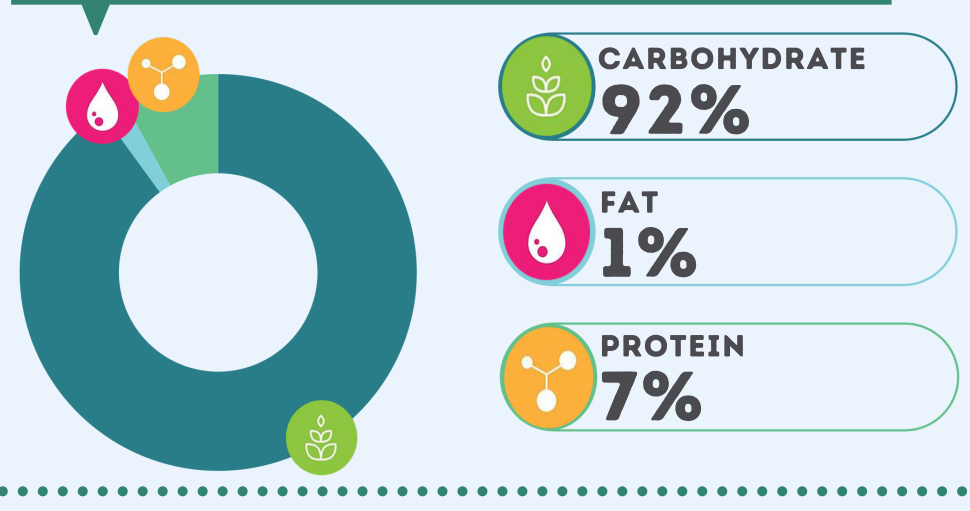


## CALORIES 70/100GM

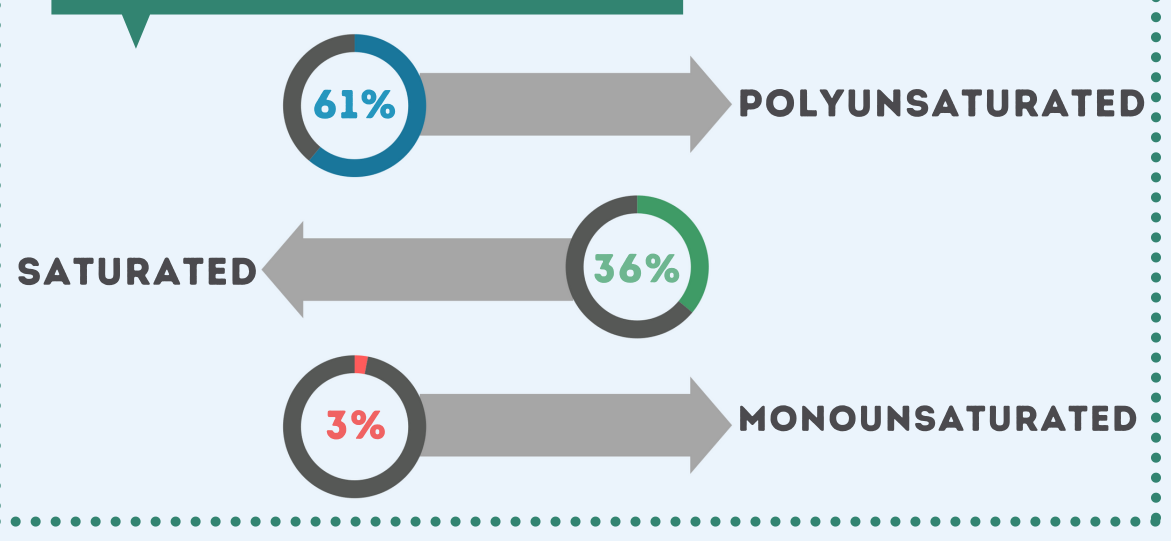
	AMOUNT		AMOUNT
CARBOHYDRATE	15.90 G	NIACIN	1.149 MG
FAT	0.14 G	VITAMIN A	0.00
PROTEIN	1.89 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.170 MG
FIBER	1.7 G	VITAMIN C	8.6 MG
RIBOFLAVIN	0.031 MG	VITAMIN D	0.00
SODIUM, NA	18 MG	FOLATE	18 MCG
THIAMIN	0.081 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### RED POTATO OTHER NAMES

- SOLANUM TUBEROSUM
- SOLANUM TUBEROSUM
- TATER
- SPUD
- IRISH POTATO
- MURPHY
- RED GOLD

### MINERALS IN RED POTATO

10 MG	CALCIUM, CA	1 % (DV)
0.134 MG	COPPER, CU	15 % (DV)
0.73 MG	IRON, FE	4 % (DV)
22 MG	MAGNESIUM, MG	6 % (DV)
0.5 MCG	SELENIUM, SE	1 % (DV)
61 MG	PHOSPHORUS, P	9 % (DV)
455 MG	POTASSIUM, K	10 % (DV)
0.33 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.