



RUSSET POTATO NUTRITION FACTS

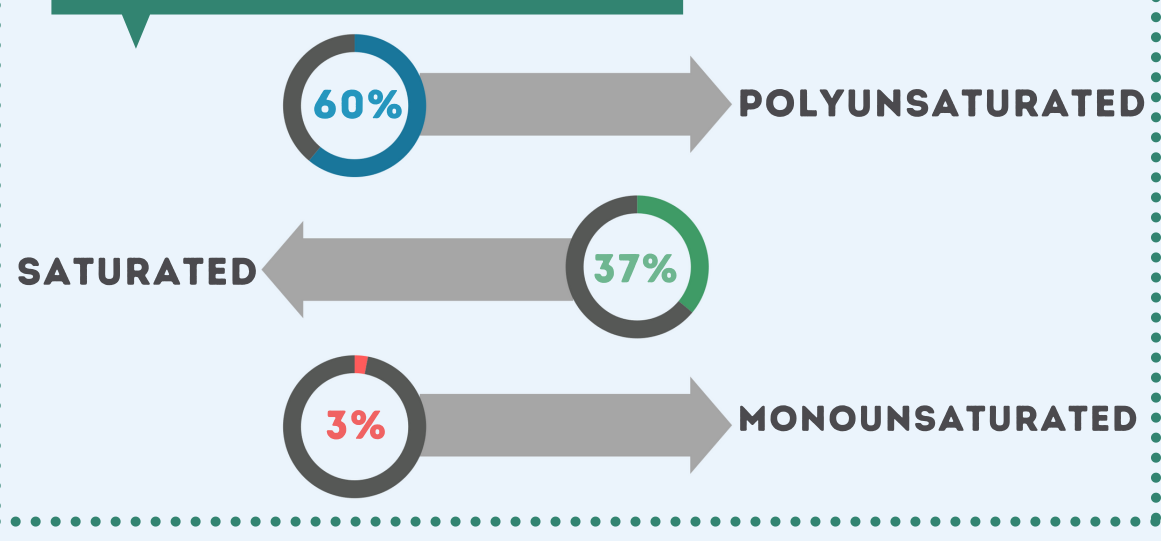


CALORIES 79/100GM

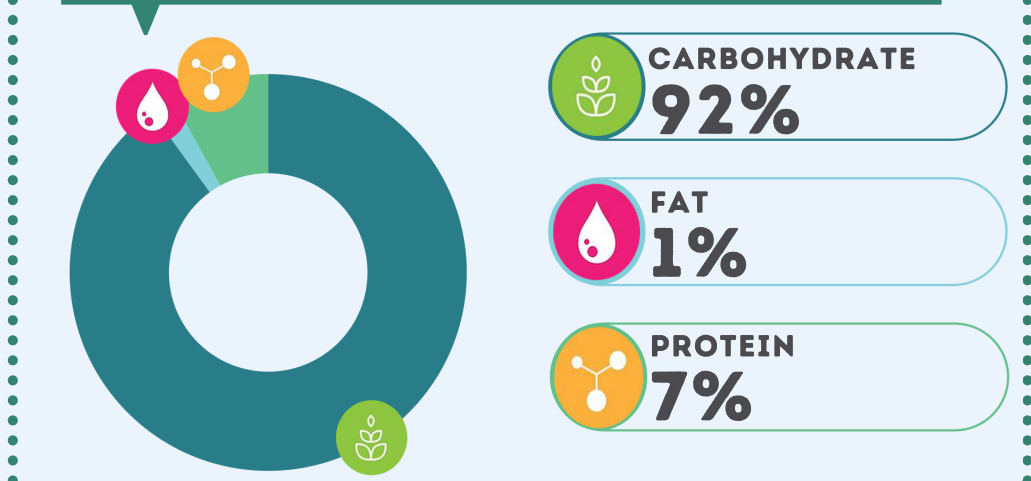
	AMOUNT		AMOUNT
CARBOHYDRATE	18.07 G	NIACIN	1.035 MG
FAT	0.08 G	VITAMIN A	0.00
PROTEIN	2.14 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.345 MG
FIBER	1.3 G	VITAMIN C	5.7 MG
RIBOFLAVIN	0.033 MG	VITAMIN D	0.00
SODIUM, NA	5 MG	FOLATE	14 MCG
THIAMIN	0.081 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



RUSSET POTATO OTHER NAMES

- SOLANUM TUBEROSUM
- TATER
- SPUD
- IDAHO POTATOES
- BAKING POTATOES
- OLD POTATOES

MINERALS IN RUSSET POTATO

13 MG	CALCIUM, CA	1 % (DV)
0.103 MG	COPPER, CU	11 % (DV)
0.86 MG	IRON, FE	5 % (DV)
23 MG	MAGNESIUM, MG	6 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
55 MG	PHOSPHORUS, P	8 % (DV)
417 MG	POTASSIUM, K	9 % (DV)
0.29 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.