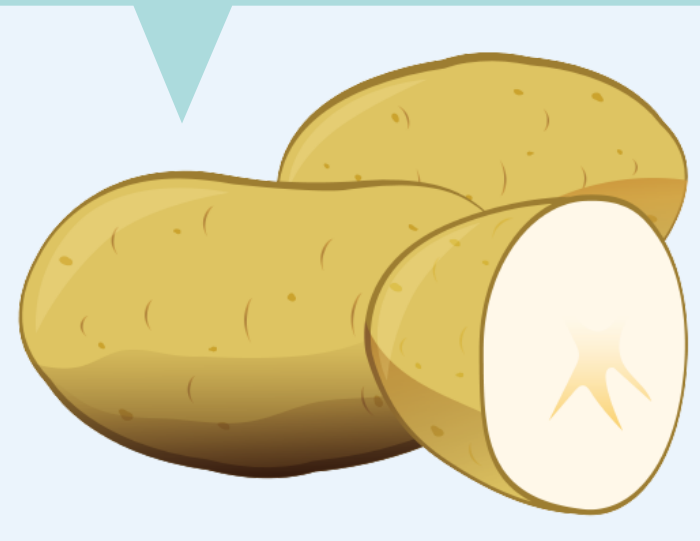


# WHITE POTATO NUTRITION FACTS

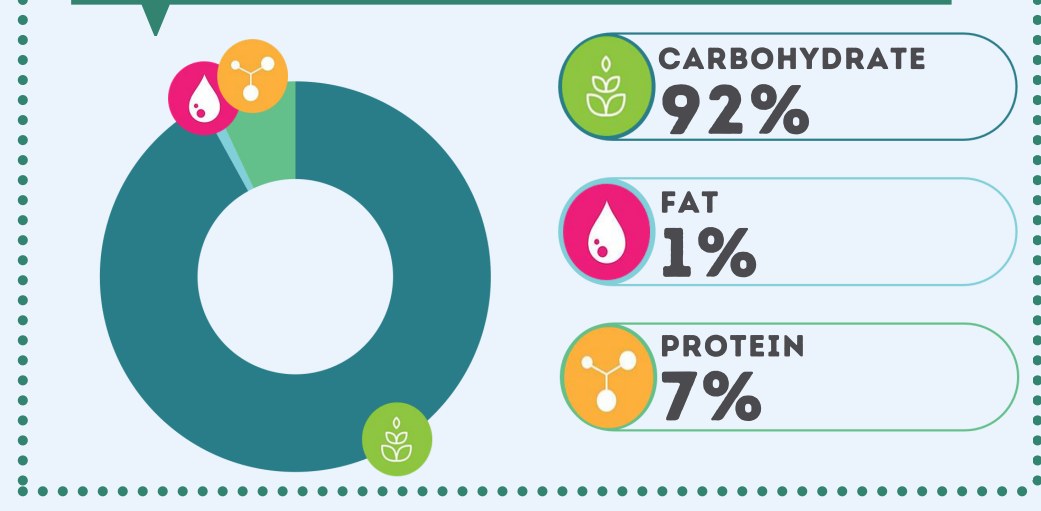


## CALORIES 69/100GM

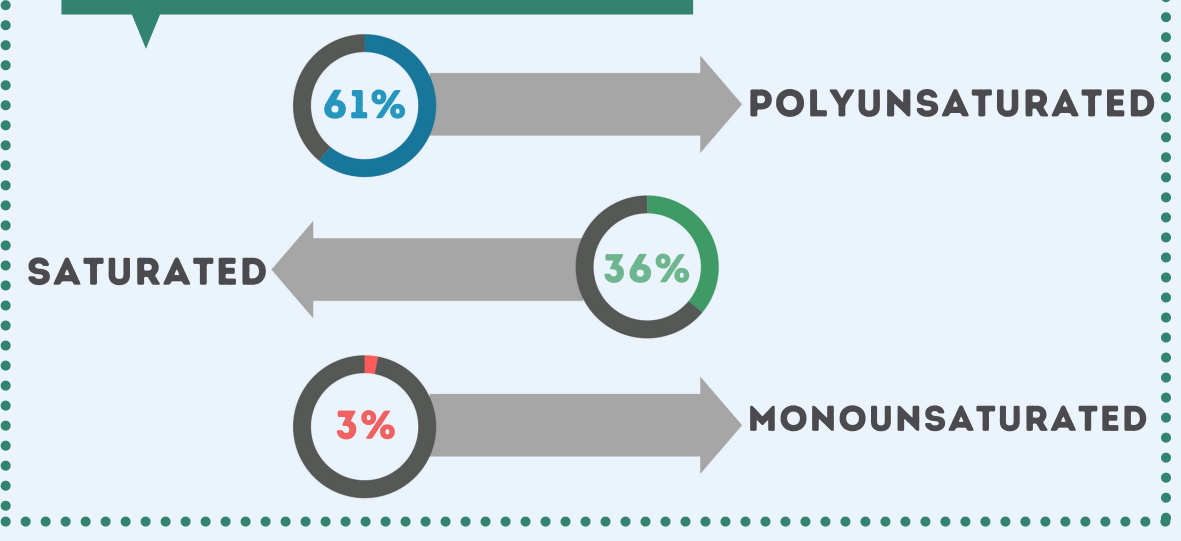
	AMOUNT		AMOUNT
CARBOHYDRATE	15.71 G	NIACIN	1.066 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	1.68 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.203 MG
FIBER	2.4 G	VITAMIN C	9.1 MG
RIBOFLAVIN	0.034 MG	VITAMIN D	0.00
SODIUM, NA	16 MG	FOLATE	18 MCG
THIAMIN	0.071 MG		



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### WHITE POTATO OTHER NAMES

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

### MINERALS IN WHITE POTATO

9 MG	CALCIUM, CA	1 % (DV)
0.116 MG	COPPER, CU	13 % (DV)
0.52 MG	IRON, FE	3 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
62 MG	PHOSPHORUS, P	9 % (DV)
407 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.