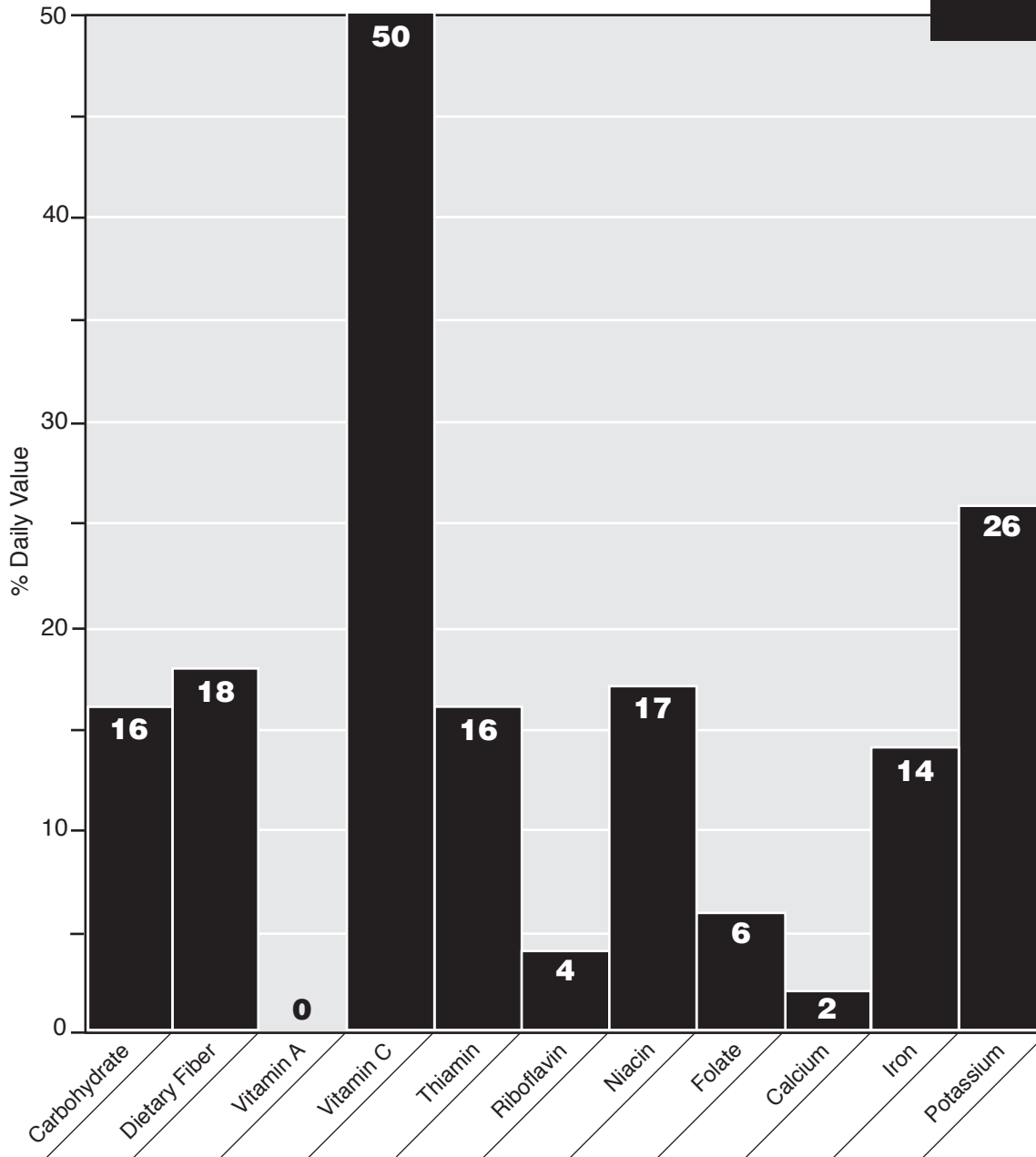
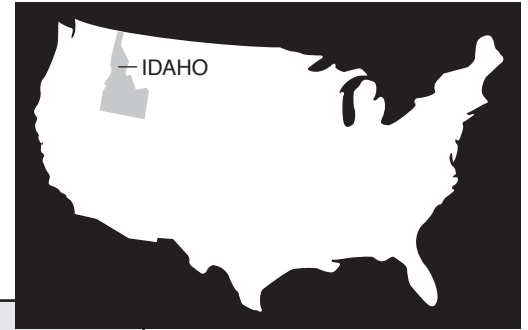


# Potato

Solanaceae *Solanum tuberosum*

(analysis based on *unpeeled*, microwave-baked potato—with skin eaten)

Pictured from top: round red, russet, long white, round red, small round white, russet, red creamer potatoes



## Serving Size

- 1 Medium Potato
- 200 Grams
- 210 Calories
  - ▲ from fat
  - 6% from protein
  - 93% from carbohydrate
- 5 Grams Protein
- 48 Grams Carbohydrate
- 5 grams dietary fiber
- 0.2 Gram Fat
- 144 Grams Water
- 16 Milligrams Sodium

▲ Trace

