

Potatoes

Nutrition Facts

Serving Size: ½ cup baked potato (61g)	
Calories 57	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 13%	Iron 1%

Other nutrients: Vitamin B6 (9%), Potassium (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11363

Potatoes

Nutrition Facts

Serving Size: ½ cup cooked potato (78g)	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

Other nutrients: Vitamin B6 (12%), Potassium (8%), Thiamin (6%), Niacin (6%)

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