

Potatoes, russet, flesh and skin, raw

Refuse: 0%

Scientific Name: *Solanum tuberosum*

Common Name: Includes USDA commodity food A214

NDB No: 11353 (Nutrient values and weights are for edible portion)

Nutrient	Units	1.00 X 1 potato large (3" to 4- 1/4" dia) ----- 369g	1.00 X 0.5 cup, diced ----- 75g
Proximates			
Water	g	289.96	58.94
Energy	kcal	292	59
Energy	kJ	1225	249
Protein	g	7.90	1.60
Total lipid (fat)	g	0.30	0.06
Ash	g	4.17	0.85
Carbohydrate, by difference	g	66.68	13.55
Fiber, total dietary	g	4.8	1.0
Sugars, total	g	2.29	0.47
Sucrose	g	0.48	0.10
Glucose (dextrose)	g	0.92	0.19
Fructose	g	0.85	0.17
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Starch	g	58.52	11.89
Minerals			
Calcium, Ca	mg	48	10
Iron, Fe	mg	3.17	0.65
Magnesium, Mg	mg	85	17
Phosphorus, P	mg	203	41
Potassium, K	mg	1539	313
Sodium, Na	mg	18	4
Zinc, Zn	mg	1.07	0.22
Copper, Cu	mg	0.380	0.077
Manganese, Mn	mg	0.579	0.118
Selenium, Se	mcg	1.5	0.3
Vitamins			
Vitamin C, total ascorbic acid	mg	21.0	4.3

Thiamin	mg	0.303	0.062
Riboflavin	mg	0.122	0.025
Niacin	mg	3.819	0.776
Pantothenic acid	mg	1.111	0.226
Vitamin B-6	mg	1.273	0.259
Folate, total	mcg	52	10
Folic acid	mcg	0	0
Folate, food	mcg	52	10
Folate, DFE	mcg_DFE	52	10
Choline, total	mg	46.5	9.4
Betaine	mg	0.7	0.1
Vitamin B-12	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	0
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	4	1
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	18	4
Vitamin E (alpha-tocopherol)	mg	0.04	0.01
Tocopherol, beta	mg	0.00	0.00
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	6.6	1.4
Lipids			

USDA National Nutrient Database for Standard Reference, Release 21 (2008)