

Nutritious & Delicious

- Fat-free
- Cholesterol-free
- High in Vitamin C
- High in Potassium
- Good source of Vitamin B₆ and Dietary Fiber

Nutrition Facts		
Serving Size 1 potato (148g/5.3 oz.)		
Amount Per Serving		Calories from fat 0
Calories 100		% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Potassium 720mg		21%
Total Carbohydrate 26g		9%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 4g		
Vitamin A 0%	•	Vitamin C 45%
Calcium 2%	•	Iron 6%
Thiamin 8%	•	Riboflavin 2%
Niacin 8%	•	Vitamin B ₆ 10%
Folate 6%	•	Phosphorus 6%
Zinc 2%	•	Magnesium 6%
Copper 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		



1 6 4 0

Famous



Potatoes

Great potato recipes at www.idahopotato.com