

ALL ABOUT POTATOES

The following reflects the values for a medium 5.3 oz. potato with the skin.

A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in energy metabolism.³



PROTEIN



A medium-size (5.3 oz) potato has 3 grams of protein.²

VITAMIN C

30% of your daily value.²



POTASSIUM

A skin-on potato has more potassium than a medium-size banana.



FIBER



One medium potato with skin contributes 2 grams of fiber, or 7% of the daily value per serving.¹

110 CALORIES



110 calories for a medium-sized (5.3 oz) potato with skin.

CARBOHYDRATE

Potatoes are a nutrient-dense complex carbohydrate.



NO FAT
NO SODIUM
NO CHOLESTEROL



GF GLUTEN FREE



1. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber. J Acad Nutr Diet.

2. USDA National Nutrient Database for Standard Reference, Release 23 (2010). Potatoes, baked, flesh and skin, without salt.

Available at: http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl.

3. Gropper SS, Smith JL. Advanced Nutrition and Human Metabolism. 6th Ed. Belmont, CA. Wadsworth, Cengage Learning. 2013. Pp.361-364.