



## Nutrition Facts

### Serving Size

1 medium potato (148g)

Calories

110

### % Daily Value \*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2.1g	7%
Total Sugars 1g	2%
Includes --g Added Sugars	--%
<b>Protein</b> 3g	<b>6%</b>
Vitamin C 26.9mg	30%
Vitamin D --mcg	--%
Iron 1.1mg	6%
Calcium 20.7mg	2%
Potassium 620.1mg	13%
Phosphorus --mg	--%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.