



Nutrition Facts

Serving Size

1 medium potato (148g)

Calories

110

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 2.1g	7%
Total Sugars 1g	2%
Includes --g Added Sugars	--%
Protein 3g	6%
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.