



Nutrition Facts

Serving Size:

0.5

cup (75ggrams)

Raw Fingerling Potato

Amount Per Serving

Calories58

		% Daily Value*
Total Fat	0.1g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
Trans Fat	0g grams	
Polyunsaturated Fat	0g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	4.5mg milligrams	0% Daily Value
Total Carbohydrates	13g grams	5% Daily Value
Dietary Fiber	1.6g grams	6% Daily Value
Sugars	0.6g grams	
Protein	1.5g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	9mg milligrams	1% Daily Value
Iron	0.6mg milligrams	3% Daily Value
Potassium	318.8mg milligrams	7% Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.