



Nutrition Facts

Serving Size:

1

potato medium (173ggrams)

Russet Potato

Amount Per Serving

Calories 168

| | | % Daily Value* |
|---------------------|--------------------|------------------|
| Total Fat | 0.2g grams | 0 % Daily Value |
| Saturated Fat | 0.1g grams | 0 % Daily Value |
| <i>Trans</i> Fat | 0g grams | |
| Polyunsaturated Fat | 0.1g grams | |
| Monounsaturated Fat | 0g grams | |
| Cholesterol | 0mg milligrams | 0 % Daily Value |
| Sodium | 24mg milligrams | 1 % Daily Value |
| Total Carbohydrates | 37g grams | 13 % Daily Value |
| Dietary Fiber | 4g grams | 14 % Daily Value |
| Sugars | 1.9g grams | |
| Protein | 4.5g grams | |
| Vitamin D | 0mcg micrograms | 0 % Daily Value |
| Calcium | 31mg milligrams | 2 % Daily Value |
| Iron | 1.9mg milligrams | 11 % Daily Value |
| Potassium | 951.5mg milligrams | 20 % Daily Value |
| Caffeine | 0 mg | |

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.