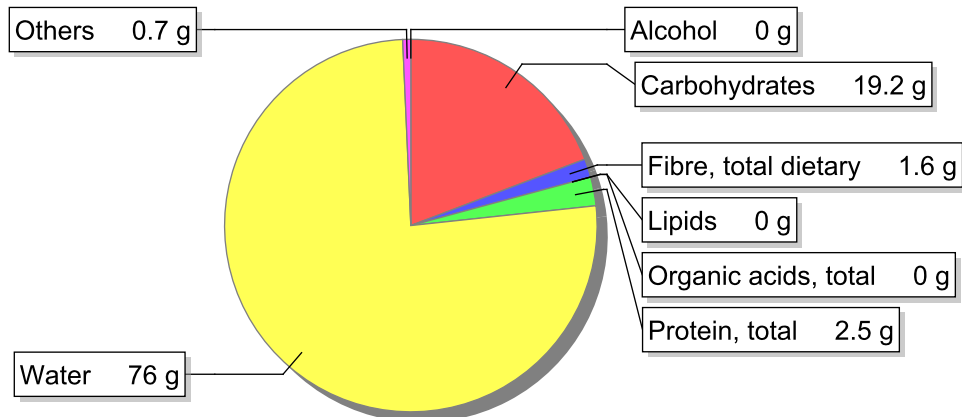


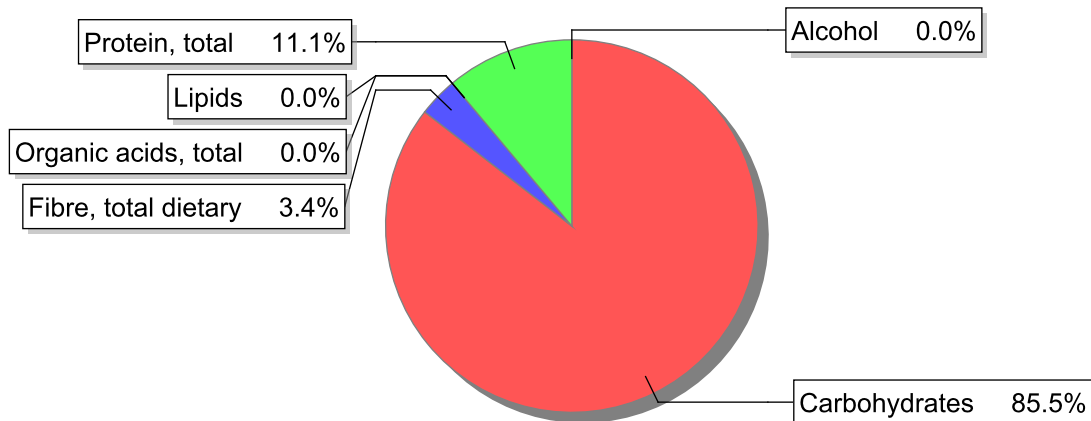
Food

Name: Potatoes, raw
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 87%
Code: IS585
FoodEX2 Code: A00ZT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	90	kcal	
energy kJ, total metabolisable	382	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	1.2	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.6	g	
protein, total	2.5	g	57
alcohol	0	g	
water	76	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.06	mg	
thiamin	0.21	mg	
riboflavin	0.02	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	0.6	mg	
vitamin B-6, total	0.44	mg	
vitamin B-12	0	µg	
vitamin C	14	mg	57
folate, total	35	µg	
ash	0.74	g	
sodium	9	mg	57
potassium	450	mg	57
calcium	9	mg	57
phosphorus	42	mg	57
magnesium	13	mg	57
iron, total	0.2	mg	57
zinc	0.2	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB