

Potato, non specified type, boiled, no added salt/fat (100g)

NUTRIENT	
Energy (kJ)*	281
Protein (g)*	2.5
Fat (g)*	<0.1
Saturated (g)*	0.00
Polyunsaturated (g)*	0.00
Monounsaturated (g)*	0.00
Cholesterol (g)*	0.00
Carbohydrate (g)*	12.8
Sugars	0.4
Starch (g)*	12.4
Fibre (g)*	2.3
Sodium (mg)	3.00
Vitamin C (mg)*	21.00
Thiamin (mg)*	0.08
Riboflavin (mg)*	0.02
Niacin (mg niacin equiv.)*	1.4
Vitamin B-6 (mg)†	0.10
Total folate (µg)*	11.00
Potassium (mg)*	430.00
Phosphorus (mg)*	33.00

Fat Free

Fantastic Fibre

Powerful Potassium

No Cholesterol

Vital Vitamins

* Potato nutrient values are from the Australian AusNut database

† Potato nutrient values are from the Nuttab 1996 database

Recommended Daily Intake

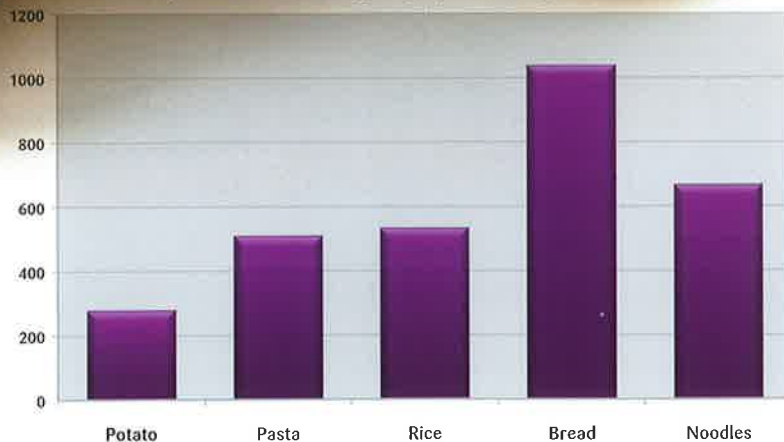
NUTRITION INFORMATION - Potato*			
Servings per package: 1		Serving size: 150 g	
	Quantity per serving	% Daily Intake† (per serving)	Quantity per 100g (or 100mL)
Energy	421.5 kJ (100.8 Cal)	5 %	281 kJ (67 Cal)
Protein	3.75 g	8 %	2.5 g
Fat, total	0 g	0 %	0 g
- saturated	0 g	0 %	0 g
Carbohydrate	19.2 g	6 %	12.4 g
- sugars	0.6 g	1 %	0.4 g
Sodium	4.5 mg	0 %	3 mg
Vitamin C	31.5 mg	70 %	21 mg
Fibre	3.45 g	12 %	2.3 g

* For comparison, potato was unpeeled and boiled. Pasta made from white flour, prepared without added fat. Rice was white with no added fat. Bread is average of all flours without margarine or butter. Noodles were Asian style, average of all flours and types, prepared as directed without added fat. Nutrient values used for comparisons are from the Australian AusNut database.

† Percentage daily intakes are based on an average (8700kJ), may be higher or lower depending on your energy levels.

Percentage Recommended Dietary Intakes (RDI) were calculated using the schedule Standard 1.1.1 of the FSC.

Comparison of energy (kJ) per 100 gram serve*



Comparison of fat content (g) per 100 gram serve*

