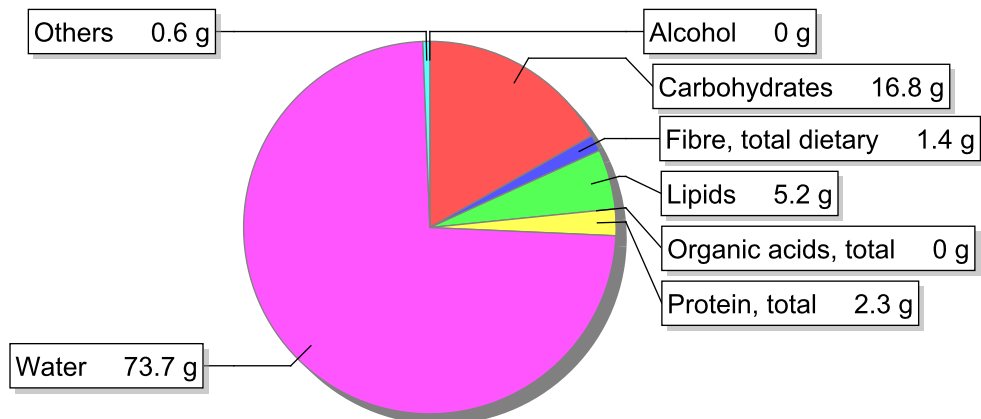


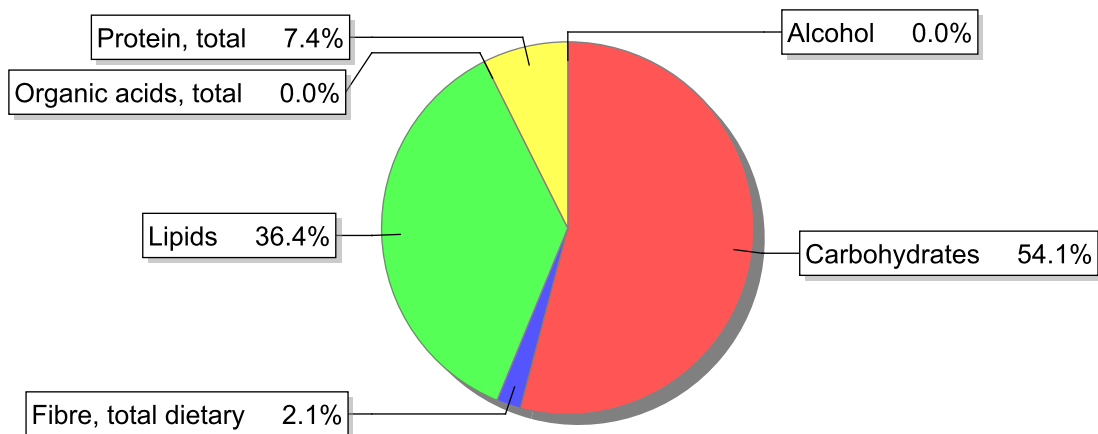
Food

Name: Potatoes, mashed
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 100%
Code: IS589
FoodEX2 Code: A0C6K

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	126	kcal	
energy kJ, total metabolisable	528	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	2.9	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.125	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.2	g	
Carbohydrates		g	
sugars, total	1.3	g	
sucrose	0.5	g	
lactose	0.3	g	
oligosaccharides, available	0	g	
starch, total	15.4	g	
salt	0.3	g	
fibre, total dietary	1.4	g	
protein, total	2.3	g	
alcohol	0	g	
water	73.7	g	
organic acids, total	0	g	
cholesterol	15	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	3	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.18	mg	
thiamin	0.14	mg	
riboflavin	0.03	mg	
niacin, preformed	1	mg	
niacin equivalents, total	1.74	mg	
niacin equivalents from tryptophan	0.57	mg	
vitamin B-6, total	0.28	mg	
vitamin B-12	0.01	µg	
vitamin C	7.8	mg	
folate, total	12	µg	
Minerals			
ash	0.742	g	
sodium	130	mg	
potassium	300	mg	
calcium	14	mg	
phosphorus	38	mg	
magnesium	12	mg	
iron, total	0.2	mg	
zinc	0.2	mg	

Legend

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

References