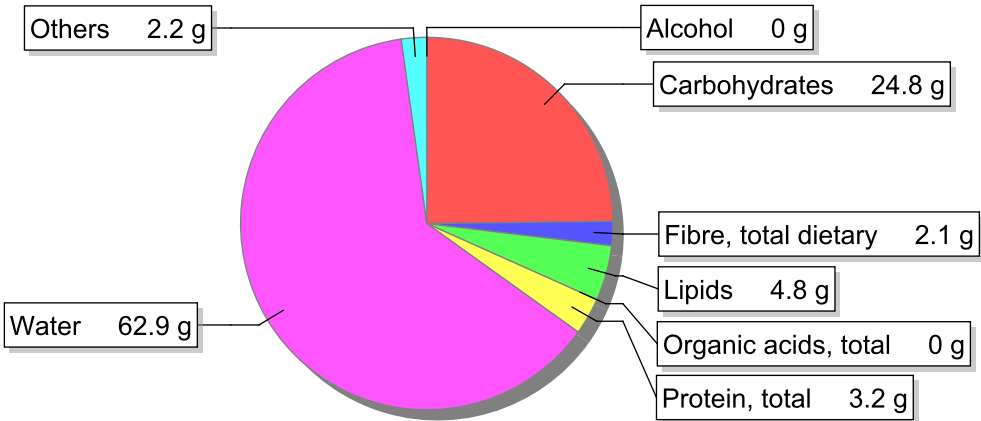


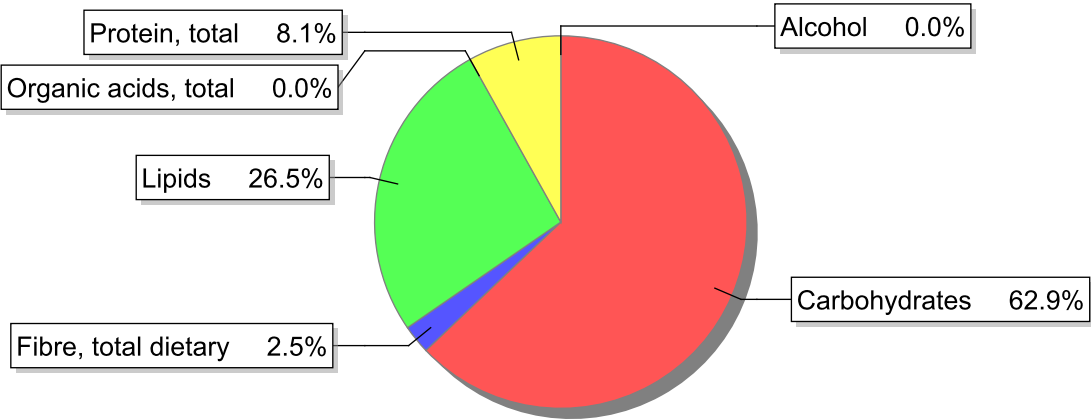
Food

Name: Potatoes, baked
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 100%
Code: IS587
FoodEX2 Code: A00ZT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	159	kcal	
energy kJ, total metabolisable	670	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	2.5	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.61	g	
fatty acids, total trans	0.0	g	
sugars, total	1.6	g	
sucrose	0.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.4	g	
fibre, total dietary	2.1	g	
protein, total	3.2	g	
alcohol	0	g	
water	62.9	g	
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	1.82	mg	
thiamin	0.23	mg	
riboflavin	0.03	mg	
niacin, preformed	1.7	mg	
niacin equivalents, total	2.58	mg	
niacin equivalents from tryptophan	0.77	mg	
vitamin B-6, total	0.51	mg	
vitamin B-12	0	µg	
vitamin C	15.9	mg	
folate, total	35	µg	
ash	2.25	g	
sodium	540	mg	
potassium	580	mg	
calcium	12	mg	
phosphorus	54	mg	
magnesium	21	mg	
iron, total	0.3	mg	
zinc	0.3	mg	

Legend

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

References