

Food

Name: Potatoes, baked, with skin, no salt added (only the pulp)

Group: Vegetables other than legumes

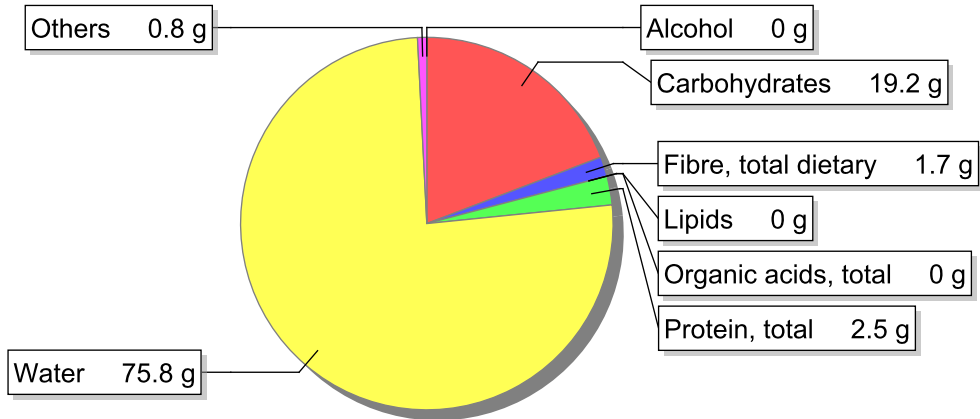
Subgroup: Potatoes

Edible Part: 100%

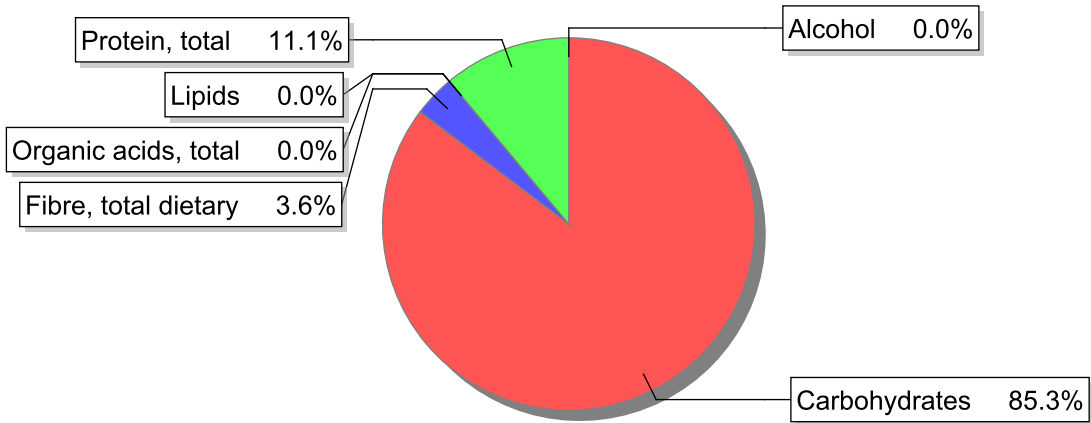
Code: IS588

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	383	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	1.7	g	
protein, total	2.5	g	
alcohol	0	g	
water	75.8	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	0.1	mg	
thiamin	0.19	mg	
riboflavin	0.02	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	1.8	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	0	µg	
vitamin C	13	mg	
folate, total	28	µg	
ash	0.80	g	
sodium	9	mg	
potassium	480	mg	
calcium	9	mg	
phosphorus	44	mg	
magnesium	14	mg	
iron, total	0.2	mg	
zinc	0.2	mg	

Legend

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

References