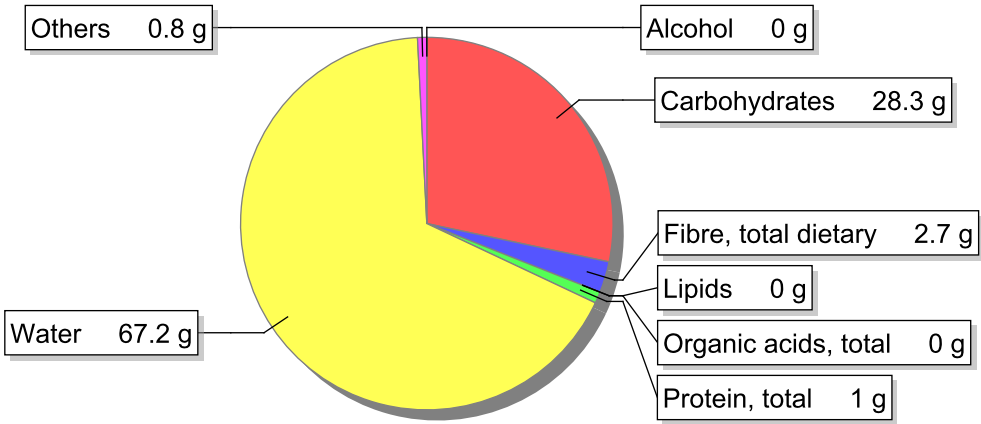


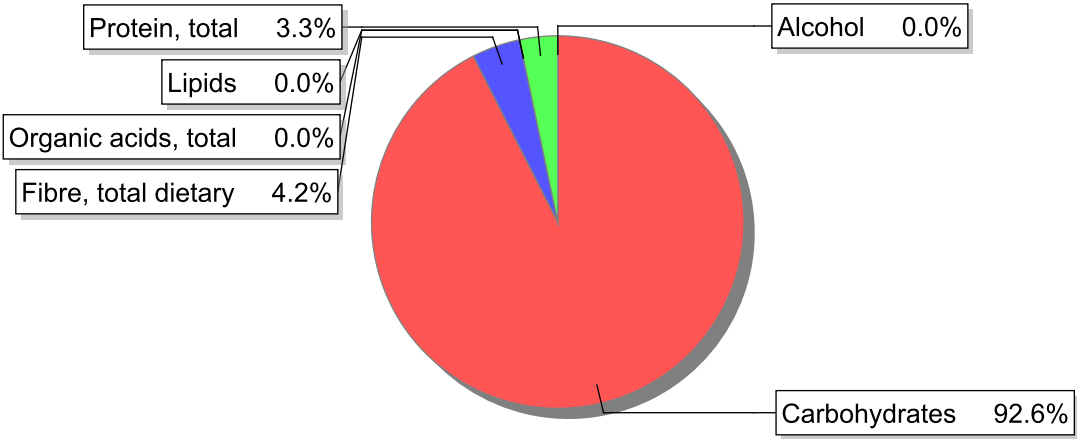
Food

Name: Potato, sweet, raw
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 77%
Code: IS593
FoodEX2 Code: A010C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	123	kcal	
energy kJ, total metabolisable	520	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	7.9	g	
sucrose	6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.7	g	
protein, total	1	g	57
alcohol	0	g	
water	67.2	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	650	µg	
carotene, total (vitamin A precursors)	3900	µg	
vitamin D	0	µg	
alpha-tocopherol	4.6	mg	
thiamin	0.17	mg	
riboflavin	0	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	25	mg	
folate, total	17	µg	
ash	0.67	g	
sodium	21	mg	57
potassium	350	mg	57
calcium	24	mg	
phosphorus	32	mg	57
magnesium	14	mg	57
iron, total	0.4	mg	57
zinc	0.3	mg	

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