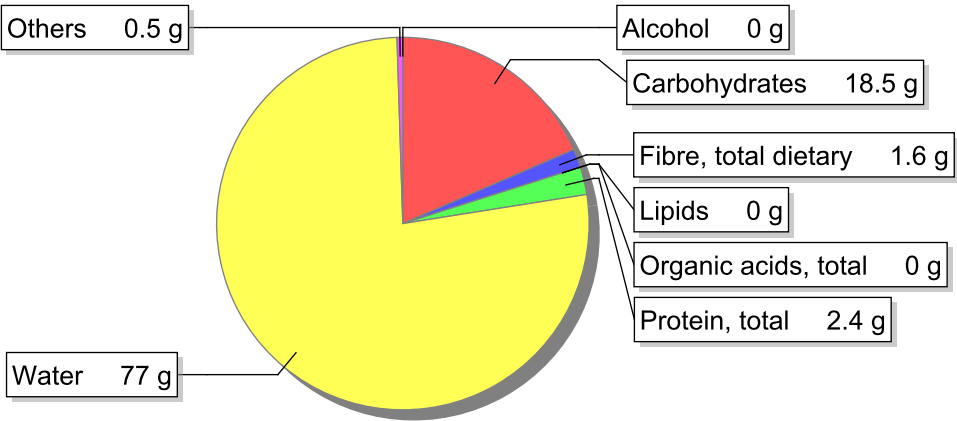


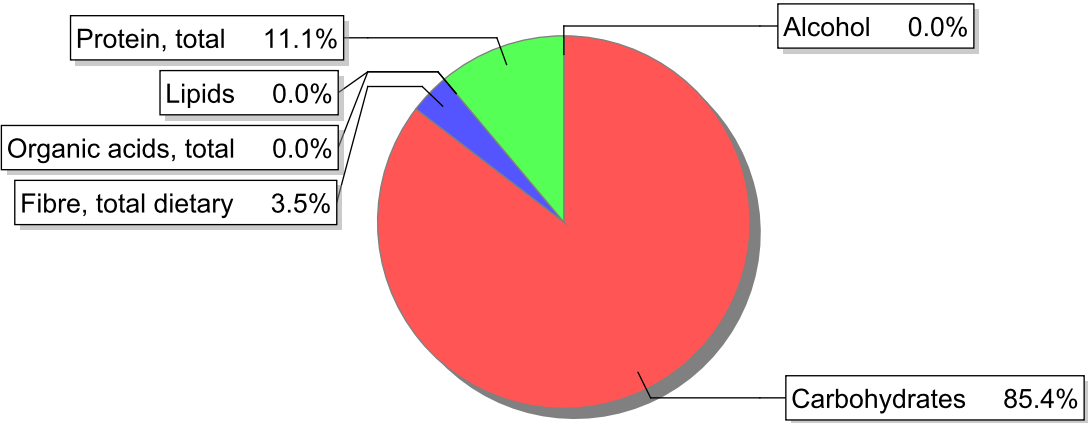
Food

**Name:** Potatoes, boiled  
**Group:** Vegetables other than legumes  
**Subgroup:** Potatoes  
**Edible Part:** 100%  
**Code:** IS586  
**FoodEX2 Code:** A00ZT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 87    | kcal |           |
| energy kJ, total metabolisable     | 368   | 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                                            | 1.6   | g    |           |
| protein, total                                                  | 2.4   | g    |           |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 77    | 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                                                | 0.06  | mg   |           |
| thiamin                                                         | 0.18  | mg   |           |
| riboflavin                                                      | 0.02  | mg   |           |
| niacin, preformed                                               | 1.3   | mg   |           |
| niacin equivalents, total                                       | 1.9   | mg   |           |
| niacin equivalents from tryptophan                              | 0.6   | mg   |           |
| vitamin B-6, total                                              | 0.38  | mg   |           |
| vitamin B-12                                                    | 0     | µg   |           |
| vitamin C                                                       | 11    | mg   |           |
| folate, total                                                   | 21    | µg   |           |
| iodide                                                          | 0.3   | µg   | 1140      |
| sodium                                                          | 100   | mg   |           |
| potassium                                                       | 370   | mg   |           |
| calcium                                                         | 9     | mg   |           |
| phosphorus                                                      | 38    | mg   |           |
| magnesium                                                       | 13    | mg   |           |
| iron, total                                                     | 0.2   | mg   |           |
| zinc                                                            | 0.2   | mg   |           |

## Legend

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

## References

| Id   | Reference           |
|------|---------------------|
| 1140 | TDS_Iodo_INSA_LAB_2 |