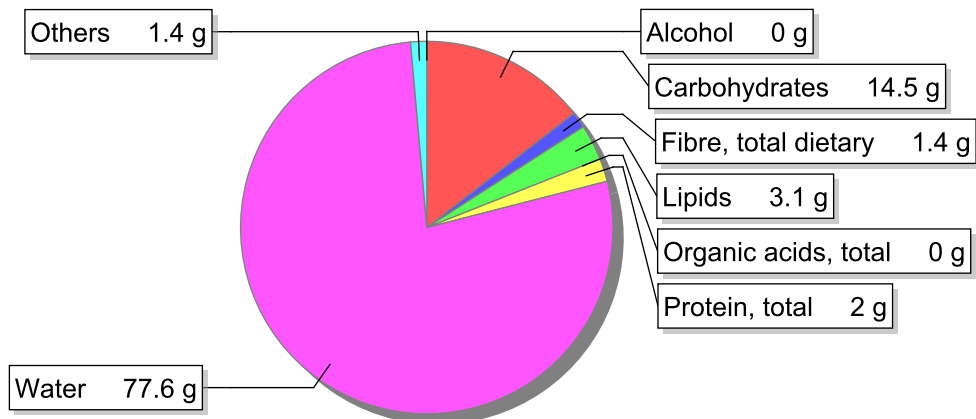


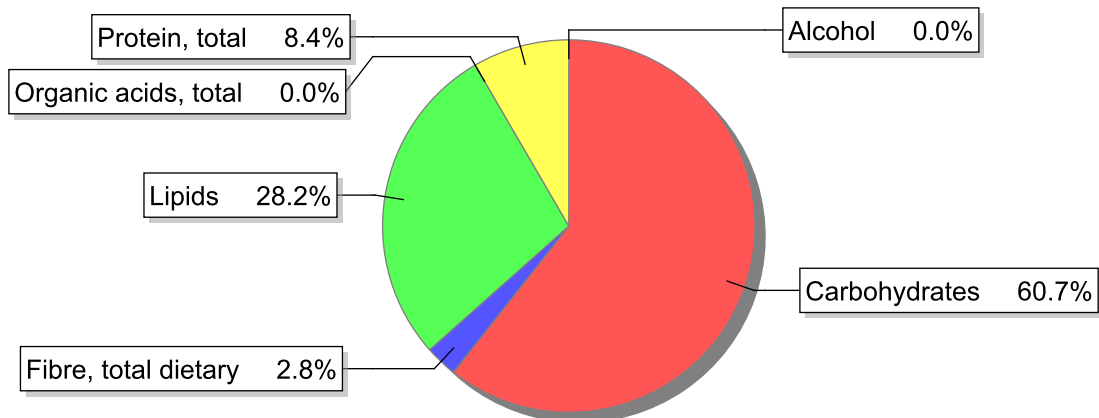
Food

Name: Potatoes, stewed with onion, olive oil and vegetable oil
Group: Vegetables other than legumes
Subgroup: Potatoes
Edible Part: 100%
Code: IS590
FoodEX2 Code: A03VD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	97	kcal	
energy kJ, total metabolisable	406	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.09	g	
fatty acids, total trans	0.0	g	
sugars, total	1.2	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
starch, total	13.1	g	
protein, total	2	g	
alcohol	0	g	
water	77.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	5	µg	
carotene, total (vitamin A precursors)	27	µg	
vitamin D	0	µg	
alpha-tocopherol	1.26	mg	
thiamin	0.16	mg	
riboflavin	0.02	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	1.57	mg	
niacin equivalents from tryptophan	0.46	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	0	µg	
vitamin C	11.3	mg	
folate, total	21	µg	
ash	1.43	g	
sodium	320	mg	
potassium	370	mg	
calcium	13	mg	
phosphorus	36	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