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Basic Report

Nutrient data for 11357 **Potatoes white flesh and skin baked**[Return to Search Results](#)[Full Report](#)[Statistics Report](#)

Nutrient values and weights are for edible portion

Apply Changes 

Nutrient	Unit	1 Value per 100.0g	1.0 potato large (3" to 4-1/4" dia) 299g	1.0 potato medium (2-1/4" to 3-1/4" dia) 138g	1.0 potato small (1-3/4" to 2-1/2" dia) 138g
Proximates					
Water	g	75.43	225.54	104.09	104.09
Energy	kcal	94	281	130	130
Protein	g	2.10	6.28	2.90	2.90
Total lipid (fat)	g	0.15	0.45	0.21	0.21
Carbohydrate, by difference	g	21.08	63.03	29.09	29.09
Fiber, total dietary	g	2.1	6.3	2.9	2.9
Sugars, total	g	1.53	4.57	2.11	2.11
Minerals					
Calcium, Ca	mg	10	30	14	14
Iron, Fe	mg	0.64	1.91	0.88	0.88
Magnesium, Mg	mg	27	81	37	37
Phosphorus, P	mg	75	224	104	104
Potassium, K	mg	544	1627	751	751
Sodium, Na	mg	7	21	10	10
Zinc, Zn	mg	0.35	1.05	0.48	0.48
Vitamins					
Vitamin C, total ascorbic acid	mg	12.6	37.7	17.4	17.4
Thiamin	mg	0.048	0.144	0.066	0.066
Riboflavin	mg	0.043	0.129	0.059	0.059
Niacin	mg	1.528	4.569	2.109	2.109
Vitamin B-6	mg	0.211	0.631	0.291	0.291
Folate, DFE	mcg_DFE	38	114	52	52
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	1	3	1	1
Vitamin A, IU	IU	10	30	14	14
Vitamin E (alpha-tocopherol)	mg	0.04	0.12	0.06	0.06
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0