

Nutrition and Calories in Potato Chart

	Baked with skin (2 1/3 - 4 3/4)	Baked flesh only (2 1/3" - 4 3/4")	Baked skin only	Boiled (peeled after boiling)	Boiled (peeled before boiling)	Boiled (peeled before boiling)	Potatoe Au gratin (dry mix)
measure	1 potato	1 potato	1 skin	1 potato	1 potato	1 cup	1 cup
weight (g)	202	156	58	136	135	156	245
water (%)	71	75	47	77	77	77	79
calories (kcal)	220	145	115	118	116	134	228
Protein (g)	5	3	2	3	2	3	6
Total fat (g)	TR	Tr	Tr	Tr	Tr	Tr	10
saturated fat (g)	0.1	Tr	Tr	Tr	Tr	Tr	6.3
monounsaturated fat (g)	Tr	Tr	Tr	Tr	Tr	Tr	2.9
polyunsaturated fat (g)	0.1	0.1	Tr	0.01	0.1	0.1	0.3
Cholesterol (mg)	0	0	0	20	0	0	37
Carbohydrate (g)	51	34	27	27	27	31	31
Total dietary fiber (g)	4.8	2.3	4.6	2.4	2.4	2.8	2.2
Calcium (mg)	20	8	20	7	11	12	203
Iron (mg)	2.7	0.5	4.1	0.4	0.4	0.5	0.8
Potassium (mg)	844	610	332	515	443	512	537
Sodium (mg)	16	8	12	5	7	8	1076
Vitamin A (IU)	0	0	0	0	0	0	522
Vitamin A (RE)	0	0	0	0	0	0	76
Thiamin (mg)	0.22	0.16	0.07	0.14	0.13	0.15	0.05
Riboflavin (mg)	0.07	0.03	0.06	0.03	0.03	0.03	0.2
Niacin (mg)	3.3	2.2	1.8	2	1.8	2	2.3
Accorbic acid (mg)	26	20	8	18	10	12	8
Vitamin E (mg)	0.04	0.06	0.02	0.01	0.01	0.01	

	Potatoes Au gratin (home recipe)	French fries (frozen heated)	Hash Browns	Mashed Potatoes (from flakes,milkbutte r,salt)	Mashed Potatoes (home recipe,milk)	Mashed Potatoes (home recipe,milk margarine)	Sweetpotato Baked flesh only (2" - 5")
measure	1 cup	10 strips	1 cup	1 cup	1 cup	1 cup	1 potato
weight (g)	245	50	156	210	210	210	156
water (%)	74	57	62	76	78	76	73
calories (kcal)	323	100	326	237	162	223	164
Protein (g)	12	2	4	4	4	4	3
Total fat (g)	19	4	22	12	1	9	Tr
saturated fat (g)	11.6	0.6	8.5	7.2	0.7	2.2	0.1
monounsaturated fat (g)	5.3	2.4	9.7	3.3	0.3	3.7	Tr
polyunsaturated fat (g)	0.7	0.4	2.5	0.5	0.1	2.5	0.2
Cholesterol (mg)	56	0	0	29	4	4	0
Carbohydrate (g)	28	16	33	32	37	35	38
Total dietary fiber (g)	4.4	1.6	3.1	4.8	4.2	4.2	2.8
Calcium (mg)	292	4	12	103	55	55	33
Iron (mg)	1.6	0.6	1.3	0.5	0.6	0.5	0.9
Potassium (mg)	970	209	501	489	628	607	287
Sodium (mg)	1061	15	37	697	636	620	20
Vitamin A (IU)	647	0	0	378	40	355	26604
Vitamin A (RE)	93	0	0	44	13	42	2660
Thiamin (mg)	0.16	0.06	0.12	0.23	0.18	0.18	0.08
Riboflavin (mg)	0.28	0.01	0.03	0.11	0.08	0.08	0.22
Niacin (mg)	2.4	1	3.1	1.4	2.3	2.3	1
Accorbic acid (mg)	24	5	9	20	14	13	27
Vitamin E (mg)		0.06	0.3	0.29	0.04	0.88	0.81