

Nutrition Facts

1 serving per potato

Serving size 1 potato (148g/5.3oz)

Amount per serving

Calories

110

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 620mg 15%

Vitamin C 27mg 30%

Vitamin B₆ 0.2mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.