

# Nutrition Facts

Serving size 1 potato (148g/5.3oz)

Amount Per Serving

**Calories** 110

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 3g

Vitamin D 0g	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1.08mg	<b>6%</b>
Potassium 620mg	<b>13%</b>
Vitamin C 27mg	<b>30%</b>
Vitamin B <sub>6</sub> 0.2 mg	<b>12%</b>

The % Daily Values (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.