

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

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A215 – POTATOES, FRESH, WHITE (BAKING TYPE), 50 LB



Nutrition Information

Baked potato, flesh and skin

	1/2 potato (4 oz, 113 g)	1 potato (8 oz, 227 g)
Calories	107	214
Protein	2.40 g	4.79 g
Carbohydrate	24.03 g	48.06 g
Dietary Fiber	2.4 g	4.8 g
Sugars	1.75 g	3.49 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.73 mg	1.46 mg
Calcium	11 mg	23 mg
Sodium	8 mg	16 mg
Magnesium	31 mg	62 mg
Potassium	620 mg	1240 mg
Vitamin A	11 IU	23 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	14.3 mg	28.7 mg
Vitamin E	0.04 mg	0.09 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 1, whole, fresh white potatoes.
PACK/YIELD	<ul style="list-style-type: none"> 50 lb bag, size A (minimum diameter of 2 in.). Approximate count of potatoes depends upon the size of the potato. The 100 count box contains between 100 and 105 potatoes (about 8 oz) and the 110-count box contains between 109 and 115 potatoes (about 7 oz). One lb AP 100- or 110-count potatoes yields 0.81 lb ready-to-cook pared potatoes OR 0.82 lb (about 1$\frac{2}{3}$ cups) baked potato with skin and provides about 6.8 $\frac{1}{4}$-cup servings baked potato with skin OR 0.99 lb (about 2$\frac{3}{8}$ cups) cooked, diced potato with skin and provides about 9.7 $\frac{1}{4}$-cup servings cooked, diced potato with skin OR provides about 8.4 $\frac{1}{4}$-cup servings cooked, mashed potato without skin OR provides about 9.9 $\frac{1}{4}$-cup servings cooked, sliced potato without skin OR provides about 5.3 $\frac{1}{4}$-cup servings cooked, hash brown potatoes without skin. CN Crediting: One cooked potato (100- or 110-count) provides $\frac{3}{4}$ cup vegetable. One $\frac{1}{4}$ cup serving cooked potato (with or without skin, diced, mashed, sliced, or hash browns) provides $\frac{1}{4}$ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store potatoes in a cool, dry, dark and well-ventilated place. The ideal temperature of 45 °F will keep potatoes for 60-80 days. Excessive temperatures (above 50 °F) encourage sprouting and shriveling. Temperatures below 40 °F cause potato starch to turn to sugar and the potato becomes sweet and the potato to darken when cooked. Avoid prolonged exposure to light as it will turn the outer skins green and cause a bitter flavor.

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Soak and scrub potatoes to remove dirt but not hard enough to break the skin. • Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to allow steam to escape while cooking. • Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat. • TO BAKE: Place potatoes in a single layer on baking pans. Bake at 425 °F for 1 hour or until done. Baking time may vary with variety, maturity, quantity and size of vegetable.
USES AND TIPS	<ul style="list-style-type: none"> • Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling, or a combination of ingredients.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Wash thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.