

FoodData Central Search Results

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Potato, roasted, NFS

Data Type: Survey (FNDDS)

FDC ID: 1102899

Food Code: 71104030

Start Date: 1/1/2017

End Date: 12/31/2018

Food Category: White potatoes, baked or boiled

FDC Published: 10/30/2020

Nutrients

Portions

**Other
Information**

Ingredients

**Ingredient Nutrient
Values**

Details about FNDDS 2017-2018 development, content, and Excel files can be found at:

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fndds-download-databases/>

Portion:

100g

Name

Amount

Unit

Water

72.09

g

Name	Amount	Unit
Energy	125	kcal
Protein	1.87	g
Total lipid (fat)	4.24	g
Carbohydrate, by difference	20.45	g
Fiber, total dietary	1.4	g
Sugars, total including NLEA	1.61	g
Calcium, Ca	5	mg
Iron, Fe	0.34	mg
Magnesium, Mg	24	mg
Phosphorus, P	48	mg
Potassium, K	372	mg
Sodium, Na	167	mg
Zinc, Zn	0.28	mg
Copper, Cu	0.204	mg
Selenium, Se	0.3	µg
Vitamin C, total ascorbic acid	12.1	mg
Thiamin	0.1	mg
Riboflavin	0.021	mg
Niacin	1.324	mg
Vitamin B-6	0.312	mg

Name	Amount	Unit
Folate, total	9	µg
Folic acid	0	µg
Folate, food	9	µg
Folate, DFE	9	µg
Choline, total	14.1	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	18	µg
Retinol	17	µg
Carotene, beta	8	µg
Carotene, alpha	0	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	0	µg
Vitamin E (alpha-tocopherol)	0.52	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	4.1	µg
Fatty acids, total saturated	1.202	g
4:0	0.046	g

Name	Amount	Unit
6:0	0.029	g
8:0	0.017	g
10:0	0.037	g
12:0	0.041	g
14:0	0.108	g
16:0	0.621	g
18:0	0.271	g
Fatty acids, total monounsaturated	1.524	g
16:1	0.024	g
18:1	1.487	g
20:1	0.013	g
22:1	0	g
Fatty acids, total polyunsaturated	1.307	g
18:2	1.148	g
18:3	0.158	g
18:4	0	g
20:4	0	g
20:5 n-3 (EPA)	0	g
22:5 n-3 (DPA)	0	g

Name	Amount	Unit
22:6 n-3 (DHA)	0	g
Cholesterol	3	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

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