



A nutrition Fact Sheet



Potatoes

Nutrition Facts

- Potatoes are a good source of fiber, vitamin C, and potassium. One medium potato (with the skin) contains 16% of the daily recommended amount of fiber and 35% of the daily recommended amount of vitamin C.
- One medium potato counts as 1 cup in the vegetable group. For a 2000-calorie diet, the daily recommendation for vegetables is about 2½ cups.

Buying and Storing

- **Buying:** Look for potatoes that are free from cuts and blemishes. Avoid buying potatoes that have green on them and avoid badly sprouted or shriveled potatoes.
- **Storing:** Store in a cool, dry, dark place. Do not keep potatoes in light for long periods of time. Light will turn the outer skins green and cause a bitter flavor. Do not wash before storing.

Preparing and Cooking

- **Preparing:** Rinse potatoes well and scrub to remove dirt. If a potato has begun to grow sprouts, cut them off. Cut off any skin that has started to turn green. Leave the rest of the skin on.
- **Baking:** Scrub clean and poke with fork 3 to 4 times to allow steam to escape. A medium potato bakes in 45 minutes at 400°F.
- **Boiling:** Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut up potatoes cook in 20 to 30 minutes.

- **Microwaving:** A 6 to 8 ounce potato cooks in 4 to 6 minutes on HIGH in the microwave. Poke with a fork to prevent bursting. Turn over once for best results.

Ways to Enjoy

- **Hash** - Fry cubes of roast beef, potatoes, and onion in a little oil.
- **Hashbrowns** - Grate raw potatoes, mix with a little flour and an egg and brown.
- **Baked potatoes** - Top baked potatoes with lowfat cheese or plain yogurt and lightly cooked vegetables like broccoli, onions, and mushrooms.
- **Mashed potatoes** – A few tips for the best mashed potatoes: Use higher starch potatoes (like Russets or Yukon Golds). Waxy potatoes (like red potatoes) require more mashing to become creamy. Don't salt the cooking water and make sure to drain well after boiling. If you are using butter, let it come to room temperature before adding to the potatoes. Avoid over-mashing – this can make the potatoes 'gluey' and unappetizing.

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Broccoli Potato Soup

Yield: 4 servings • Serving Size: 2 cups

- 4 cups chopped broccoli, fresh or frozen
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk
- 1 cup chopped cooked potatoes or mashed potatoes
- ¼ teaspoon pepper
- Salt (optional, up to ½ teaspoon)*
- ¼ cup cheese, shredded cheddar or American

1. Combine broccoli, onion, and broth in a large sauce pan. Bring to a boil.
2. Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk, pepper, and salt (if using); slowly stir in potatoes.
4. Cook, stirring constantly, 3-5 minutes more.
5. Divide soup into 4 bowls. Sprinkle cheese over each serving.

*If you happened to use regular broth (not low sodium), do not add the optional salt.

Nutrition Facts	
4 servings per container	
Serving size	2 cups (457g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 25mg	8%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 263mg	20%
Iron 1mg	6%
Potassium 650mg	15%

*The % Daily Value 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.

Skinny French Fries

Yield: 8 servings • Serving Size: ¾ cup

- 4 medium potatoes, cut into strips (great with sweet potatoes!)
 - 1 Tablespoon vegetable oil
 - Salt and pepper to taste
1. Preheat oven to 450°F.
 2. Cut potatoes and pat dry on towels. (The less water on the potatoes, the crispier they will be.)
 3. Put potatoes in a bowl and toss with oil and seasonings. Spread strips of potatoes in one layer in 9x13 inch pan or pans.
 4. Bake for 30 to 40 minutes or until potatoes are golden brown and tender. Turn frequently.

Nutrition Facts	
8 servings per container	
Serving size	¾ cup (76g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D --mcg	--%
Calcium 10mg	0%
Iron 1mg	6%
Potassium --mg	--%

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