

POTATOES: RED

Potatoes are broken into four basic categories: russet, long white, round white and round red.

Usage: Baked, roasted, fried, boiled and added to salads.

Selection: Good quality red potatoes will be firm, smooth skinned and have bright red coloring. They should have few eyes, and those few eyes should be shallow.

Avoid: Avoid potatoes that are soft, wrinkled, have cuts in the skin or are green tinted.

Storage: Potatoes should be stored in a cool place away from light. Potatoes will keep one to two weeks. Any moisture will encourage sprouting so an ideal storage area for potatoes is dry—avoid the refrigerator! Also avoid storing potatoes with onions. Though the two vegetables require similar storage conditions, onions will encourage potatoes to spoil.

Nutrition Facts

Serving Size 1 medium potato
Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 4g 16%

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 40%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

