

How potatoes compare



Comparison	New Potatoes (175g)	%GDA	Rice (180g)	%GDA	Pasta (230g)	%GDA
Energy Values	126kcal	6.3%	248kcal	12.4%	198kcal	9.9%
Fat	0.18g	0.26%	2.34g	3.34%	1.15g	1.64%
Carbohydrate	29.75g	12.90%	55.62g	24.2%	42.55g	18.5%
Vitamin C	10.5mg	17.50%	None	0%	None	0%
Vitamin B1	0.32mg	22.86%	0.02mg	2.80%	0.07mg	5%
Vitamin B6	0.58mg	29%	0.13mg	6.5%	0.02mg	1%
Protein	3.15g	4.20%	4.7g	2.61%	6.9g	9.20%
Folate*	33.25mcg	16.63%	13mcg	6.50%	7mcg	3.5%
Potassium	490mg	–	97.2mg	–	57.5mg	–
Iron	0.7mg	5%	0.36mg	2.57%	1.15mg	8.20%

Source: Collated from information provided on the British Potato Council website. Comparison based on an average cooked portion size.

*Folate is a natural form of folic acid