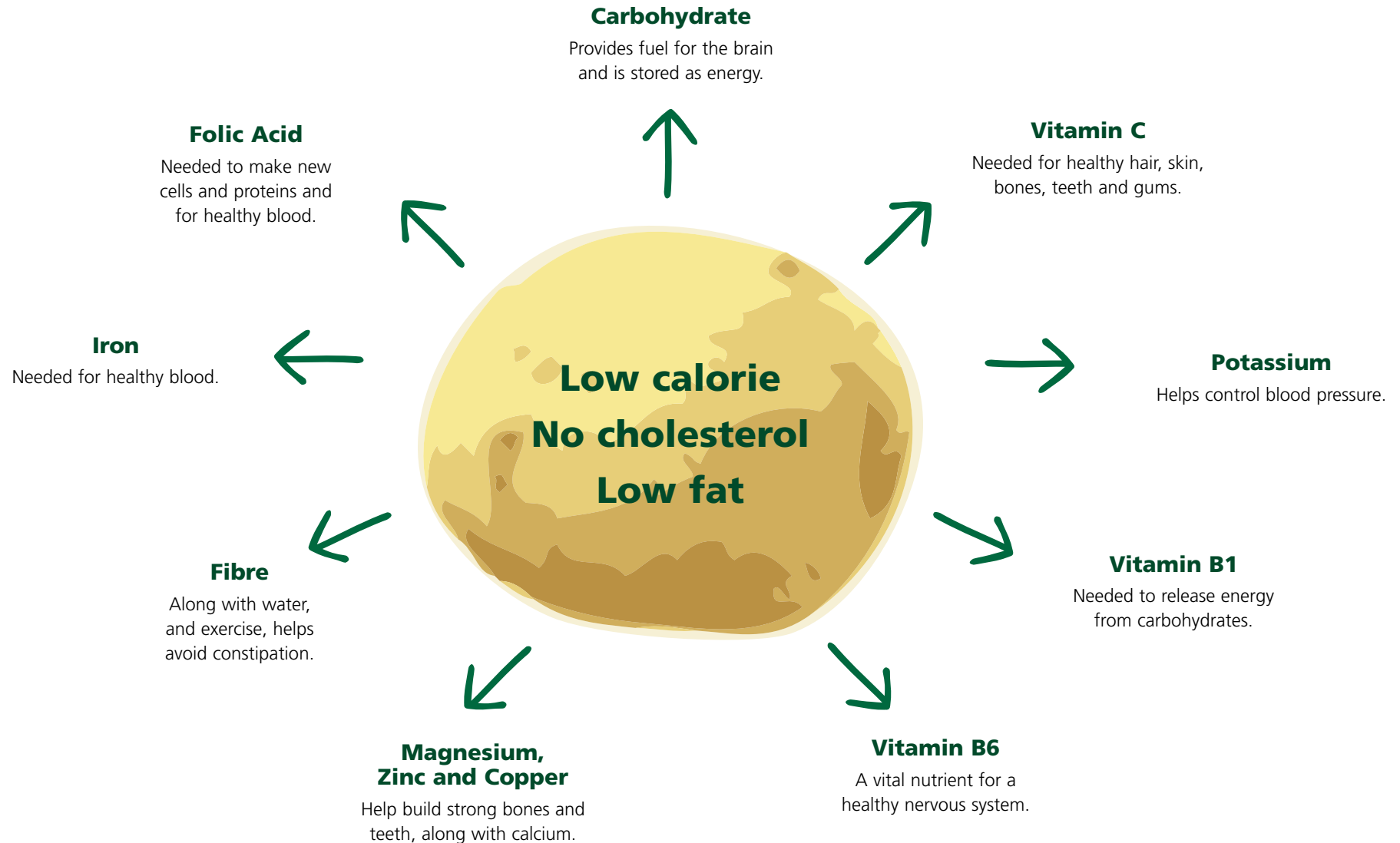


# What potatoes provide



# What potatoes provide



175g Portion	Old potatoes (Peeled & boiled)	% GDA	New potatoes (boiled in skin)	% GDA	Jacket potatoes (with skin)	% GDA
<b>Energy Values</b>	126kcal	6.3%	115.5Kcal	5.8%	244kcal	12.2%
<b>Fat</b>	0.18g	0.26%	0.53g	0.76%	0.36g	0.50%
<b>Carbohydrate</b>	29.75g	12.90%	26.95g	11.70%	57.06g	24.80%
<b>Vitamin C</b>	10.5mg	17.50%	26.25mg	43.75%	25.2mg	42.00%
<b>Vitamin B1</b>	0.32mg	22.86%	0.16mg	11.43%	0.67mg	47.86%
<b>Vitamin B6</b>	0.58mg	29%	0.63mg	31.50%	0.97mg	49%
<b>Protein</b>	3.15g	4.20%	2.45g	3.27%	7.02g	9.36%
<b>Folate*</b>	33.25mcg	16.63%	31.5mcg	15.75%	79.2ug	39.60%
<b>Potassium**</b>	490mg	–	752.5mg	–	1134.0mg	–
<b>Iron</b>	0.7mg	5%	2.8mg	20%	1.26mg	9%
<b>Magnesium</b>	24.5mg	8.17%	31.5mg	10.50%	57.6mg	19.20%
<b>Calcium</b>	8.75mg	1.09%	22.75mg	2.84%	19.8mg	2.47%
<b>Zinc</b>	0.53mg	3.54%	0.53mg	3.54%	0.9mg	6.00%

**Source:** British Potato Council website. Comparison per portion with British Nutrition Foundation recommended amounts for an adult female

\*Folate is a natural form of folic acid \*\*No RDA set