

Russet potato

Nutrition Facts

Serving Size: ½ small russet potato,
baked with skin (69g)

Calories 67

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 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

Vitamin A 0%

Calcium 4%

Vitamin C 27%

Iron 3%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11356

Rutabagas

Nutrition Facts

Serving Size: ½ cup cooked rutabagas,
cubed (85g)

Calories 33

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 17mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 6%

Sugars 5g

Protein 1g

Vitamin A 0%

Calcium 4%

Vitamin C 27%

Iron 3%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11436